

Madison County 4-H

CLOVER EXPRESS

Spring-Summer 2020
Newsletter



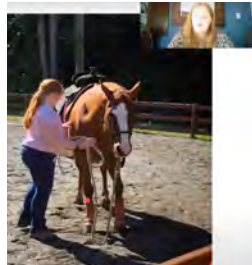
NC COOPERATIVE
EXTENSION



4-H Presentation Winners

This spring, Madison County 4-H'ers participated in a virtual presentation workshop to learn how to compose and deliver effective speeches. Nine 4-H'ers prepared a presentation for District Activity Day, by filming themselves at home and uploading their presentations for the contest. We are so proud of their hard work and great public speaking skills - it was a privilege listening to each of them!

Madison County 4-H'ers were among 94 participants in this year's West District Activity Day and 315 contestants in the NC 4-H State Presentation finals.



Charlotte Ayers: Cloverbud age 5-7,
"Fluffy Foam Slime"

Matthew Graves: Cloverbud age 5-7,
"How to Make Toast"

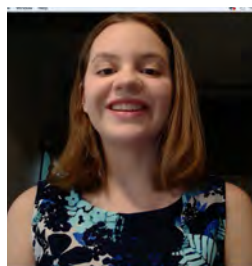
Cate Ayers: Horse (8-10), Silver at
District Activity Day (DAD)



Elizabeth Clements: Health & Fitness (8-10),
Bronze at DAD

Heather Clements: Arts & Communication, (11-13),
Silver at DAD, Bronze in NC 4-H State Finals

Rebecca Clements: Public Speaking, (14-18),
Silver at DAD, NC 4-H State Finalist

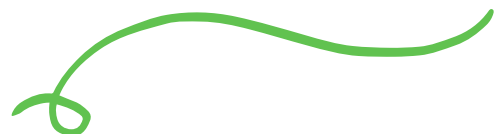


Jonathan Graves: Poultry Production, (11-13),
Gold at DAD, Bronze in NC 4-H State Finals

Angela Mason: Peanut Foods, (14-18),
Gold at DAD, Bronze in NC 4-H State Finals

Lauren Yost: Environmental Science, (14-18),
Gold at DAD, Bronze in NC 4-H State Finals

Beginning on top row, pictured left to right:
Charlotte Ayers, Matthew Graves, Cate Ayers,
Elizabeth Clements, Heather Clements, Rebecca Clements,
Jonathan Graves, Angela Mason, and Lauren Yost.





4-H SUMMER FUN

For us, summer means "4-H Summer Fun." *We missed having our 4-H'ers here at the Extension Center! We applied the 4-H slogan, learn by doing, with our first ever virtual camps.*



Thirteen 4-H'ers received seed packets and learning activities for Dig Into Gardening at home.



Eight 4-H'ers joined us on Zoom for Savvy Science. We made rock candy, polymer bouncy balls, quicksand, and moon sand. Pictured: Pat Jenkins, Master Food Volunteer and Cathy Brackins, 4-H Program Assistant.

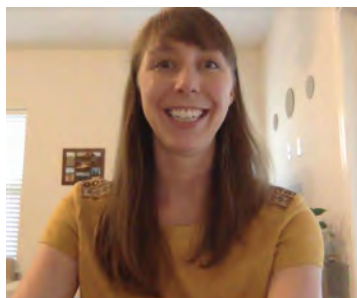
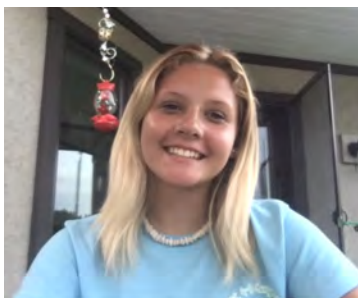
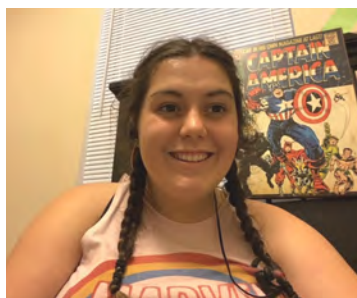
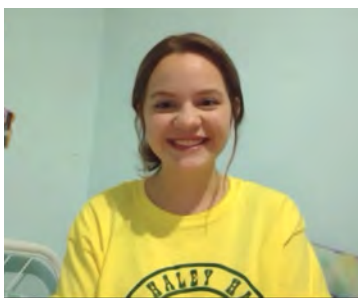


Eight 4-H'ers joined us on Zoom for Kids as Chefs. Look at those expressions making meatballs! Over the week, 4-H'ers prepared 2 healthy snacks and dinner for their family: spaghetti with homemade sauce, meatballs, and rolls! Yum!

NC 4-H Congress

Normally we look forward to a long weekend in Raleigh for 4-H Congress, but this year the fun was reimagined virtually. Lauren Yost, Angela Mason, and Mikayla Carver represented Madison County 4-H, along with Misty Varnell, 4-H Agent. We attended leadership workshops, awards and Honor Club tapping, a virtual dance, and elected the new NC 4-H State Officers.

Angela campaigned for the State 4-H office of Secretary/Treasurer, and got to meet 4-H'ers from across the state during her "campaign booth" hour. Although not elected this year, we are very proud of her effort! Candidates apply to campaign for state office and it is an honor to be in the running!



“
I enjoyed getting to do all the fun workshops and I learned that even in hard and uncertain times things can still be fun even when you least expect it.
Mikayla Carver, age 14
Mountain Laurel 4-H Club



4-H TEEN PROGRAMS

Last fall, we re-established 4-H County Council with the leadership of Sadie Taylor, our wonderful Mars Hill University Bonner Scholar intern. County Council is a club for 4-H'ers ages 11-18 to have fun with friends while developing leadership and teamwork skills, practicing community service, and helping plan county-level 4-H programs. The County Council met on Zoom this summer and created a long list of activities for us to enjoy as soon as we can safely have in-person meetings! We can hardly wait!

In the 2019-2020 year, two of our 4-H'ers also led on the West District 4-H Teen Council: Angela Mason served as Secretary/Treasurer and Lauren Yost served as Reporter. These young ladies helped plan the West District 4-H Teen Retreat and gracefully transitioned the event from a traditional weekend at Blue Ridge Assembly to fun evenings on Zoom! With their officer team, they led 4-H Coffee & Clovers for teens every Tuesday and Thursday for 10 weeks leading up to Virtual Teen Retreat on June 4!



Blankets for the *Linus Project* for children needing comfort.

LOOKING BACK...

This spring, the Brush Creek and Bailey Mountain 4-H clubs learned about Appalachian heritage. In March, we were fortunate to have two guests join our clubs!



Sheila Kay Adams visited the Brush Creek 4-H Club and shared her talent of storytelling and music! She involved everyone in singing and inspired 4-H'ers to form their own story-telling circle after the meeting!



Augusta, a Mars Hill University Bailey Mountain Clogger, visited the Bailey Mountain 4-H Club. She did a demonstration, taught everyone how to clog, and answered questions about clogging and college!



4-H At Home Activities

For more, download the 4-H At Home Activity Guide for FREE:
<https://4-h.org/about/4-h-at-home/4-h-at-home-activity-guide/>

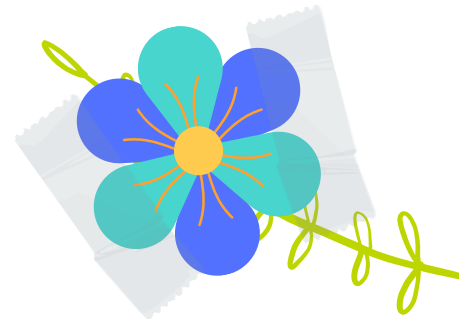
Garden of Greatness

Description

This is a family activity to help young kids think about and recognize positive traits within themselves and others in a fun and creative way, while creating a home “flower” display.

Supplies:

- Construction paper
- Scissors
- Pens/markers
- Tape
- A display area



1. Each person should cut out a circle of construction paper and write their name on it. This will be the center of their flower.
2. Cut out strips of paper to make the petals - each person needs about four to eight pieces.
3. Have each person write down things they love about themselves, or something they enjoy doing, on their strips. If they're having trouble thinking of things, they can ask family members or friends to list their great qualities. *(See expansion below!)*
4. Once everyone has their petals completed, tape each strip onto their circle.
5. Display the flowers together, on the refrigerator, a bulletin board, or anywhere they can be seen and admired. Take time to read each other's qualities out loud!
6. Discuss how each person is unique with different qualities and interests, and how all their individual strengths and traits create a Garden of Greatness.

Expansion: Keep the Garden of Greatness growing! Do this activity again, but next time...

1. Each family member gets a strip of paper with the names of everyone else in the family.
2. Have each person write down the things they love about each family member, or things that person does well, on the strips of paper.
3. Once everyone has their family-member petals completed, match the names on the petals to their flower center circles and tape them together.

Adapted from the 4-H Inspire Kids to Do Activity: Garden of Greatness





SERVING OUR COMMUNITY

In response to senior care facilities closing visitation this spring due to the COVID-19 pandemic, Madison County 4-H families made greeting cards for residents at Elderberry Health Care. All 87 residents received a card through the 4-H Spread Kindness project. Activity Director Sherry Chandler is pictured accepting the cards.

In case you're wondering, the cards were "quarantined" before delivery so this was safe!



THANK YOU!



Sadie Taylor volunteered with 4-H from fall 2018 through spring 2020. She is beginning her senior year in the Elementary Education major at Mars Hill University this fall and will be serving as the Senior Bonner Intern in the Bonner Office on campus. We are grateful for the ideas and enthusiasm she brought to our 4-H program, especially Brush Creek 4-H Club, Bailey Mountain 4-H Club, and County Council. We wish Sadie all the best!

WELCOME!



We are excited to welcome Grace Massey back to 4-H! She will be serving as our Mars Hill University Bonner Scholar Intern this year. Grace says, "I am studying Integrated Education, which means that I am focused on both Elementary Education and Special Education. Before I attended Mars Hill University, I was very active in the Madison County 4-H program. I was a member of the Wolf Laurel 4-H Club, County Council, and I competed at both the district and state levels. My time in the Madison County 4-H program truly shaped me into the person that I am today. I am excited to give back to this program and help students similar to myself find the great success that this program has in store for their future!"

WHAT'S NEXT?

We are following the program safety guidelines of NC State University. We plan to resume in-person meetings with youth ages 11-18 when North Carolina begins Phase 3 reopening, and hope to invite younger youth soon after. If you have ideas for a 4-H club, activity, or service project let us know!

4-H offers a variety of curriculum and projects. If you are homeschooling or enrolling in online school this year and need some enrichment opportunities, we would love to support your learning! Contact Misty for more information.

Visit nc.4honline.com to enroll in 4-H for free or make sure your membership is active.

We hope to see you soon!

Misty Varnell, 4-H Agent
misty_varnell@ncsu.edu
828.649.2411

Cathy Brackins, 4-H Program Assistant
cathy_brackinsl@ncsu.edu
828.649.2411