



2015 Information/Registration Packet

****Registration by appointment only****

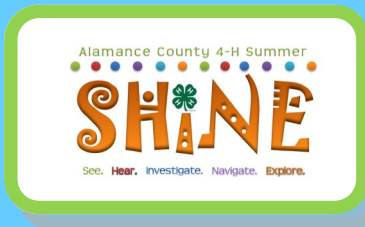
Bring required forms and payment to:
Alamance County Cooperative Extension
209-C N. Graham-Hopedale Rd.
Burlington, NC 27217

Office Hours are 8:00-5:00 pm Monday-Friday

For more information: Call (336) 570-6740 or

e-mail: erin_bain@ncsu.edu





Alamance County 4-H Summer SHINE is a fun and educational program sponsored by Alamance County 4-H through the NC Cooperative Extension Service.

Most of the activities will be held at the Alamance County Cooperative Extension Office, which is located at 209-C N. Graham-Hopedale Road in Burlington. Registration for enrolled 4-H families will be the week of **May 11-15**, and registration for the public will be the week of **May 18-22**.

Mark your calendars to join us for the 4-H Summer SHINE Ice Cream Social on **Friday, August 14 from 4-6 pm!** We will have ice cream and a variety of toppings to make your own sundae creation. We will have a PowerPoint slideshow with highlights from the summer classes plus items on display made by some of our 4-H participants in their summer classes.



1. Day with Horses

Dates: (choose one date) **A.** Monday, June 15
B. Monday, July 13
C. Monday, August 17

Time: 8 am-4 pm

Ages: 9-18

Instructors: Kelsie & Lindsay Riddell

Location: Heritage Stables, Snow Camp

Cost: \$50

Class Size: 6

Description: Treat your horse crazy kid to a day out on the farm learning basic maintenance and horse-back riding skills. They will learn how to bring a horse into the barn, prepare it for riding, two riding lessons covering basic riding skills, and how to care for the horse after a ride. Participants will need to bring their own lunch and water bottle. This is a nice way to give your child a glimpse at the care a horse requires on a daily basis and a great opportunity to ride! Please wear closed-toe shoes and long pants—no shorts!



2. 4-H Investigates

Dates: Tuesday-Thursday, June 16-18 (you will be attending each of these dates)

Time: 8:30 am-4:00 pm

Ages: 11-14

Instructors: Erin Bain, Alamance 4-H Agent and other 4-H Agents and Specialists

Location: Randolph County (Meet at the Alamance County Extension Office)

Cost: \$30

Class Size: 10

Description: Do you love shows like CSI and NCSI? Well if so this is the program for you. Participants will become detectives to solve a mock “murder” mystery. Solve this crime by exploring various techniques including blood typing, forensic anthropology, fingerprint analysis, impression analysis of tires and shoes, hair analysis, blood spatter and DNA evidence. Lunch and snacks are provided. *(Parents, be advised that field trips may include places such as county jail, animal diagnostic lab.)*



3. Body Conditioning for Beginners

Dates: Wednesday, June 17

Time: 9:30 am-10:30 am

Ages: 9-18

Instructors: Zoe Steenwyk

Location: Alamance County Extension Auditorium

Cost: \$2

Class Size: 10

Description: Take an hour out of your day to do something good for your body! Participants will learn basic body conditioning techniques including stretches & core strengthening exercises that dancers & athletes use to keep their body working at peak efficiency. This class is for beginners. Please bring a water bottle, beach towel or exercise mat, and wear socks plus comfortable clothes that allow freedom of movement/stretching.



4. Project Record Books Made Easy

Date: Wednesday, June 17

Time: 1 pm-4 pm

Ages: 9-18

Instructors: Ruth & Zoe Steenwyk

Location: Alamance County Extension Auditorium

Cost: \$5

Class Size: 10

Description: Join us as we make earning scholarship dollars with Project Record books a breeze! We'll look at basic parts of a project record book, then we'll work together to critique some examples. Next, each participant will work on ideas for a project record book of their own. We'll work on presentation, organization, story writing, & personalization ideas. Participants will leave with a good start on a Project Record Book of their own!



5. Horsin' Around

Date: Friday, June 19

Time: 9 am-12 pm

Ages: 5-18

Instructors: Southern Alamance Horse Club

Location: Heritage Stables, Snow Camp

Cost: \$10

Class Size: 20

Description: Come horse around with the Southern Alamance Horse Club and learn all sorts of cool horse fun facts. There will be four stations where you will learn about grooming, tacking up, and other horse information—you'll even get to take a ride! If you are into horses, this is definitely something you will love! Please wear closed-toe shoes and long pants. Water & snacks will be provided.



6. Kayaking the Haw

Dates: (choose one date)

A. Friday, June 19 **B.** Saturday, June 20

C. Friday, June 26 **D.** Saturday, June 27

Time: 8:15 am-12 pm

Ages: 9-18

Instructor: Gary & Cassidy Gerring

Location: Haw River (put in & take out spots will be sent out to those registered)

Cost: \$15

Class Size: 15 youth, 3 adults

Description: This is going to be a fun morning of paddling down the Haw River! Mr. Gerring will go over safety before we start, and then we'll hop in the kayaks and go! We'll end around 12 pm—bottled water and snacks will be provided at the take out spot. Make sure you wear closed-toe shoes, clothes that can get wet, and a bathing suit underneath. Be sure to bring sunscreen! No flip flops or valuables!



7. Adventures in Clay

Date: Monday, June 22 or Tuesday, June 23

Times & Ages: (choose one session)

A—Ages 5-8: Monday, June 22, 11-12 noon

B—Ages 9-18: Monday, June 22, 1:30-3:30 pm

C—Ages 5-8: Tuesday, June 23, 11-12 noon

D—Ages 9-18: Tuesday, June 23, 1:30-3:30 pm

Instructor: Cindy Biles

Location: Alamance County Extension Auditorium

Cost: Ages 5-8, \$10; Ages 9-18, \$16

Class Size: 15

Description: Cindy Biles, a local artist from Saxaphaw, will teach you to work with clay to create your very own 3-dimensional masterpieces! Cindy will supply the clay and tools. All you need to bring is your imagination, a little patience, and a picture of what animals you'd like to create. Cindy will take your masterpieces home to fire in her kiln and bring them back to the Extension Office about 2-3 weeks later for pick-up.



8. Body Conditioning: Intermediate Level

Dates: Thursday, June 25

Time: 9:30 am-10:30 am

Ages: 9-18

Instructors: Zoe Steenwyk

Location: Alamance County Extension Auditorium

Cost: \$2

Class Size: 10

Description: Take an hour out of your day to do something good for your body! Participants will learn basic body conditioning techniques including stretches & core strengthening exercises that dancers & athletes use to keep their body working at peak efficiency. This is an intermediate level class. Please bring a water bottle, beach towel or exercise mat, and wear socks plus comfortable clothes that allow freedom of movement/stretching.



9. Become a 4-H Presentation Pro

Date: Thursday, June 25

Time: 12:30 pm-4:30 pm

Ages: 9-18

Instructors: Ruth & Zoe Steenwyk

Location: Alamance County Extension Auditorium

Cost: \$5

Class Size: 5

Description: We'll look at basic parts of a presentation, then we'll work together to critique a live presentation. Next, each participant will use pre-made scripts, visual aids, and props to put together a short presentation. We'll work with each participant to improve their skills at preparation, confidence, articulation, vocal projection, eye contact, and use of visual aids and props. Each participant will present their mini-presentation during the last 30 minutes of the class which will be open to parents and guests.



10. Origami for Cloverbuds

Date: Monday, June 29

Time: 10-11:30 am

Ages: 5-8

Instructor: Haylee Borden & Caroline Newlin

Location: Alamance County Extension Auditorium

Cost: \$5

Class Size: 8

Description: Learn the history of origami and basic origami folds. Participants will make 2-3 simple origami to take home.



11. Learn to Sew Your Own Pillowcase

Date: Monday, June 29

Time: 1-3 pm

Ages: 9-13

Instructor: Haylee Borden & Caroline Newlin

Location: Alamance County Extension Auditorium

Cost: \$10

Class Size: 5

Description: Learn the basics of sewing and make a fun pillowcase! Please let us know what your favorite color and theme (ex. dogs, peace signs, owls) are when registering for the class. Please bring a sewing machine if you have one.



12. Morning Game Mayhem

Date: Tuesday, June 30

Time: 10 am-12 pm

Ages: 5-18

Instructors: Patty Allen & Clover Buds & Belles 4-H Club

Location: Alamance County Extension Auditorium

Cost: \$2

Class Size: 30

Description: Join the Clover Buds & Belles for a morning of cooperative, competitive, quiet, loud, still, and busy games. Participants will be set into multi-age groups and will rotate through several games throughout the morning.



13. Just Kiddin' Around 4-H Goat Camp

Date: Tuesday, June 30 & Wednesday, July 1

Time: 8-4 pm (June 30) & 8-11 am (July 1)

Ages: 5-18

Instructor: Lauren Langley, Erin Bain, John Crawford

Location: Crawford Goat Farm (Meet at the Alamance County Extension Office)

Cost: \$25

Class Size: 12

Description: Want to learn more about meat goats and how to show them? Then this is the 4-H camp for you! We will learn showmanship, breeds, feeds, husbandry, and conclude with a fun show on day 2! Please bring a bag lunch on the first day. Please wear closed-toe shoes, sunscreen, hat, bug spray, and clothes that can get dirty.



14. Papercrafting/Card Making

Dates: Monday, July 6

Time: 2-4 pm

Ages: 8-13

Instructors: Tami Nice

Location: Alamance County Cooperative Extension Auditorium

Cost: \$10

Class Size: 8

Description: We will be learning about all the cool things you can do to craft with paper! Our main project for this class will be making a pop-up photo card. Please bring 6-8 pictures that you like that can be cut into 3x3 inch squares for the project. Please let us know what your favorite colors are when registering for the class.



15. Junior Master Gardeners

Dates: Tuesday, July 7-Wednesday, July 8

Times: **Session A: Beginners**—Ages 7-11, 10 am-12 pm

Session B: Intermediate—Ages 12-16, 2-4 pm

Instructors: Master Gardener Volunteers—

Barbara Mize, Janet Dodge, Liz Wells,

Angie Hunter, Karen Tate-Gray

Location: Alamance County Extension Auditorium

Cost: \$5

Class Size: 15

Description:

Session A: Beginners—Learn about soil and soil properties, and have a fun snack! Participants will have fun learning the parts of plants, do a cool plant activity, and visit the Arbor Gate Garden at the Extension Office. Please wear a hat, clothes, and shoes you don't mind getting dirty.

Session B: Intermediate—Learn about basic garden botany. Make a cool snack and visit the Arbor Gate Garden at the Extension Office. Please wear a hat, clothes, and shoes you don't mind getting dirty.



16. Fishing Fun

Date: Thursday, July 9

Time: 9 am-12 pm

Ages: 5-18

Instructors: Alamance County Soil & Water Conservation Department Staff

Location: Cedarrock Park, Shelter #4

Cost: \$5

Class Size: 30

Description: Come and enjoy a fun morning of fishing with friends at Cedarrock Park. In this beginner class, we'll discuss different types of fish and bait, pond safety, and watershed information. Then we'll bait a hook and see what happens! Bait and refreshments will be provided. Please bring your own fishing poles, lawn chair or beach towel, sunscreen, and wear closed-toe shoes. You are welcome to hang around after the class and bring a picnic lunch at the park!



17. Crochet 101

Date: Thursday, July 9

Time: 10 am-noon

Ages: 9-18

Instructors: Caroline Newlin

Location: Alamance County Extension Conference Room

Cost: \$5

Class Size: 8

Description: Participants will learn basic crochet stitches to make a simple crochet project. Yarn and crochet hooks will be provided. The crochet hook will be yours to keep!



18. Re-Art Workshop

Date: Thursday, July 9

Time: 2-4 pm

Ages: 5-18

Instructors: Caroline Newlin

Location: Alamance County Extension Auditorium

Cost: \$5

Class Size: 12

Description: Come join us for a fun-filled afternoon making art out of recycled materials! Please save and bring bottle caps, lids, paper, and any other items you would like to donate to use for your art creations! Children must be able to work somewhat independently and follow directions well. Parents are welcome to stay to assist younger children.



19. Let's Go on a Letterboxing Adventure

Date: Friday, July 10 (choose one)

Time: A. 9-11:30 am or B. 2:00-4:30 pm

Ages: 5-13

Instructor: Richard Roessler & Leslie Kernodle

Location: A. Lake Cammack Park and Marina
B. Cedarrock Park

Cost: \$2

Class Size: 12

Description: We will learn what letterboxes are, then proceed to hunt for a few at the park we are meeting at. If time permits, the groups will then plant their own letterbox and map the directions to be added to the letterbox registry (don't worry, there is no identifying or personal information about your child involved in this step). We will learn mapping skills as well as basic compass use.



20. Create a Fairy Garden

Dates: Wednesday, July 22

Time: 2-5 pm

Ages: 5-13

Instructors: Leslie Kernodle & Kimberly Andrade

Location: Alamance County Extension Office Auditorium

Cost: \$6

Class Size: 15

Description: We will be making a small fairy garden using recycled and natural elements. Children must be able to work somewhat independently and follow directions well. Parents are welcome to stay to assist younger children.



21. Take Me Out to the Ballgame!

Date: Wednesday, July 22

Time: 10 am-1 pm

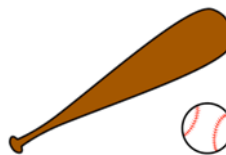
Ages: All

Location: Meet at the Ballpark Main Gate at 10 am

Cost: \$8

Class Size: 40

Description: What could be more fun than a day at the Ballpark?! Come and join Alamance County 4-H for the Burlington Royals vs. Bristol Pirates baseball game. Cost includes ticket, hot dog or slice of pizza, chips, fruit, and a juice box. Youth may want to bring extra money for additional snacks/souvenirs.



22. Youth Farm Tour

Date: Monday, July 27

Time: 8 am-4:30 pm

Ages: 9-18

Instructors: Lauren Langley, Livestock Agent, Dwayne Dabbs, Field Crops Agent, and Erin Bain, 4-H Agent

Location: Meet at the Alamance County Extension Office

Cost: \$25

Class Size: 12

Description: Come join us for a fun-filled day touring four farms in the Central Piedmont area! Youth will learn about where their food comes from and even get to try some products made on the farms. We will see poultry, pigs, cattle, nursery, tobacco, and dairy (Homeland Creamery). Bring a bag lunch. Snacks and bottled water will be provided. Please wear closed-toe shoes, clothes that you don't mind getting dirty, and even barn boots if you have them. Bring a hat and sunscreen.



23. Junk Drawer Robotics

Dates: Tuesday-Thursday, July 28-30 (you will be attending each of these dates)

Time: 8:30 am-4:00 pm

Ages: 11-14

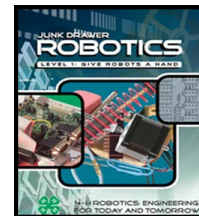
Instructors: Erin Bain, Alamance 4-H Agent and other 4-H Agents and Specialists

Location: Rockingham County (Meet at Alamance County Extension Office)

Cost: \$40

Class Size: 10

Description: Have you ever built a robot from junk? Here's your chance! You will be challenged to build a robotic arm from everyday household items. Youth will gain an understanding in the basic science concepts related to robotics while building skills in science, technology, and engineering. This program is for youth who love science and love to design things! Lunch and snacks will be provided.



Registration Information:

1. To enroll in any Alamance County 4-H Summer SHINE Program/Class you must fill out the attached registration form, a 4-H Enrollment form, and a **notarized** 4-H Medical Release Form. Erin Bain, Laurie Newlin, or Beverly Jenkins can notarize the 4-H Medical Release form in our office at no charge at the time of your appointment. You should also review the 4-H Code of Conduct with your child(ren) so they can be aware of those behavior guidelines. These forms may also be found online at http://www.nc4h.org/procedures_and_guidelines/index.html or obtained from the Alamance County Cooperative Extension Office during normal business hours; 8:00 am to 5:00 pm, Monday-Friday.
2. Registration for enrolled 4-H families will be the week of **May 11-15**, and registration for the public will be the week of **May 18-22**. Registration will be by appointment only between 8:30 am and 4:00 pm, Monday through Friday, and will be accepted in person only. NO mail, phone, or e-mail registrations will be allowed. Appointments will be 30 minutes per family and you can only register for children for whom you are a parent or guardian. You may call (336) 570-6740 or come by the Extension Office to set-up an appointment.
3. Participants may only initially register for up to 4 classes. If the classes are not filled after the first two weeks of registration, then registration will be re-opened and you may add additional classes at that time. Payment for classes is required in full at the time of registration and can be paid with cash or check (made payable to **Alamance County 4-H**). A registration fee of \$2 per participant is required in addition to the class fee.
4. Please review the information on each program that you sign up for carefully, including the stated age ranges and times. Make sure your child truly wants to attend the class. We find that if a child doesn't want to be there, they can become disruptive.
5. Class age range is important. Classes are designed with age appropriate activities. Please **DO NOT** register a child for a class if they do not meet the age requirements.
6. You are responsible for ensuring that your child(ren) arrive and are picked up on time for each class. If you are more than 10 minutes late for any field trip program, you will be left and no refund issued!
7. Unless otherwise stated, classes will meet at the Alamance County Cooperative Extension Office and youth should wear clothing that is comfortable for lots of movement and that can get dirty! Snacks and bottled water will be provided for all programs. For classes off-site, emails will be sent out ahead of time with directions to the class and details about what to bring.
8. We reserve the right to suspend your child from the program without refund should he/she become disruptive or violate the 4-H Code of Conduct in any way. If a child must be dismissed from the program, then the parent/guardian will be called to pick up the child immediately.
9. **NO REFUNDS** will be given for Summer SHINE classes except in the event of a cancellation by our office. All refunds will be processed at the conclusion of the entire Summer SHINE program in August. Please allow 4 weeks from that time for a check to be requested from the County Finance Department.

****Direct all concerns or questions to Erin Bain, Alamance County 4-H Agent at (336) 570-6740 or erin_bain@ncsu.edu.****

For accommodations for persons with disabilities, contact Erin Bain at (336) 570-6740 no later than five business days before the event.