



# Macon County 4-H

Abigail Angel sheering her lamb in July. Sheering lambs makes them cooler and more comfortable in the summer months.

**August 2020**

## Cooking with Ms. Carol

We will make Lasagna on August 11<sup>th</sup> at 3:30 (sign up by phone by Aug 7<sup>th</sup>). We will make Cheesecake on August 19<sup>th</sup> at 3:30 (sign up by Aug 17<sup>th</sup>)

## 4-H Mad Scientist Online Camp

Let's experiment with the forces of nature and amazing science that is all around us. From our natural world to our everyday jobs we use science. For ages 8 and up.

**Monday August 10<sup>th</sup> – What's the Matter? Liquids, Solids and Gases**

**Tuesday August 11<sup>th</sup> – I've Got a Sinking Feeling: what makes items sink and float**

**Wednesday August 12<sup>th</sup> – Wind Power**

Each day we will perform science experiments at home with items from our kitchen. Please call or email to sign up by Thursday August 6<sup>th</sup> to receive your list of items needed.

## Virtual Pet Show

Our 4-Hers have some interesting animals: cats, dogs, goats, cows! Let's show off our pets. Join us online to tell your fellow 4-Hers about your pet and why they are special. Tuesday August 25<sup>th</sup> at 6:00pm. Call and sign up by September 24<sup>th</sup> to join.

In response to the spread of Covid-19, we currently are not able to provide face-to-face activities such as group club meeting and our Summer Relief day camps.

As soon as Phase 3 is in effect, we will open on site activities for 11-18 year old youth. As we go into the fall, we will open activities for younger 4-Hers as our State Program leaders determine them to be safe.

We appreciate your patience during this time and cannot wait to get back to seeing our fun friends.

Contact Information

828-349-2046

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# 4-H Updates

## Cooking Up Confidence

Congratulations to all of our Cooking Up Confidence chefs. Participants cooked with Ms. Carol for 9 weeks during June and July. They learned new knife skills, kitchen safety, performed at home challenges and tried over 20 new recipes. Ten chefs attained the level of "Culinary Artist".

Awards go to : Top Chef is a tie between Quinn Siple and Lilly Coker  
Honorable mention goes to Mac Sinclair and Mary Way



## Back to the Basics

Have you ever asked yourself how to sew on a button, decorate your room, cook an easy recipe, make your own jam, or create a budget to the latest phone? This is for you.

To register: go to the NC 4-H website and look up Back to the Basics. Registration closes August 14<sup>th</sup>.

## Hiking Challenge

Hiking challenge here in Macon County. Send in your pics of you and your family at or on a hike by 8/27 to be entered for a cool prize..

Here are a few great hikes close by.... there are so many more! How many miles can you do this month!

Pickens Nose  
Appalachian Trail  
Wesser Bald  
Winding Stair Gap

Bust Your Butt Falls  
Cullasaja Gorge  
Dry Falls  
And of course our Greenway

**Congrats to Our State 4-H Horse Show Participants** – this year our showmen had to go the extra mile and record their performances and submit them online. 4-H riders from across the state participated in their first 4-H online show. Congratulation to our Macon 4-H Hoofprints riders:

Natalie Owens – 2<sup>nd</sup> in Senior Hunter Showmanship, 4<sup>th</sup> in Senior Western Horsemanship, 4<sup>th</sup> in Senior Western Showmanship, 13<sup>th</sup> in Senior Hunter Equitation

Courtney Weeks – 9<sup>th</sup> in Senior Hunter Hack, 10<sup>th</sup> in Senior Hunter Showmanship and 10<sup>th</sup> in Senior Hunter Equitation.

In July, the **4-H Macon Mountain Goats Thanked the Macon County Fair Board** for their work and dedication to the Fair. Thank you Mountain Goats for being so considerate to others in our community.



*North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran's status. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, US Department of Agriculture and local governments cooperating.*

*Persons with disabilities may request accommodations to participate by contacting the County Extension Director at (828) 349-2046 or fax (828)349-2405, or in person at the Macon County Extension Office at least 10 (ten) days prior to the event.*

# 4-H Calendar - August 2020

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3	4-H Garden Project Tomato Canning and Drying Workshop 1-4pm								7	Junior Beef Roundup
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9	Jr. Beef Rounup	10	4-H Mad Scientist Online Camp 10 - 12	11	4-H Mad Scientist Online Camp 10 – 12 ----- Lets Make Lasgana 3:30	12	4-H Mad Scientist Online Camp 10 - 12	13	14	15
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