Extension has been hit by the flu, cold, and stomach bug this month. So welcome to the Flu Edition of the Extension Narratives:

The Ag Center study will begin looking hard at five potential sites. This portion of the study will look at the pluses and minuses of each location to determine the most feasible and affordable location. A meeting was held with representatives of the High Country Council of Governments regarding enlisting their help in writing a grant funding the project from the Appalachian Regional Commission (ARC) and they agreed to help submit a grant for the Ag Center Project on the county’s behalf. Planning for the 4-H Summer program is underway and a $2000 grant for scholarships has been submitted to the WNC Community Foundation.

Stanley and Adam have held several well-attended workshops including: Basic Apple Production (25 attendees), Apple Tree Pruning and Training (21 attendees), Home Fruit Production Workshop (27 attendees), Grafting workshops (50 plus have registered). This is in addition to the many calls and visits they receive daily from homeowners and producers. The plant sale is also well underway and it continues to grow annually. Over 900 apple trees alone have been planted in the last two years because of the sale. Extension is also planning a Master Gardener program with Mayland Community College. This is a volunteer program where individuals receive over 60 hours of horticulture instruction from Extension and in return donate 40 hours of volunteer time to Extension/4-H/Community programs.

4-H in addition to the usual number of clubs and meetings has kicked off a Horse judging team of over ten middle school students. They voted to meet twice a week, on Monday and Thursdays. The group is being lead by former 4-Hers and FFA Alumni Emily Banks. The group will be participating in the State 4-H Horse Judging Contest in April. Chad Ayers of FFA has been instrumental in helping us launch this new project. The 4-H Shooting Club is also meeting monthly and practicing weekly for upcoming state competition.
Yancey 4-H Narratives

4-H AfterSchool: 

**Bald Creek Academy**

Susie Hedrick, Glenna Taylor, 4-H Program Assistants

February has been a great month. We only missed two days of school. The crocuses in their raised garden have come up and are making a beautiful yellow 4H. The purple ones have not yet bloomed.

The youth have been “square dancing” around. Bill Restall has been coming each Wednesdays this month to teach the youth square dancing techniques. Most of them have enjoyed the dancing. We have also continued with Richard Chuvala doing Teambuilding and Linda Semon doing the 4-H Discovery Club. The Bookmobile came and the youth enjoyed getting to check out their books. As usual the youth enjoy a healthy snack each day and are allowed time to do their homework. Next month we are looking forward to Karate and the Small Farm Poster contest.

One new student enrolled this month and we still have several on our waiting list. We also have several signed up for next year.

**Bee Log Afterschool**

Debra Erickson, Daniel Semon, 4-H Program Assistants

The month of February was unusually warm and therefore afforded us time to go outside for team building activities and exercise. If we don’t go out we go to the gym daily, as exercise is such a big part of our curriculum.

We taught the students about ‘Robert’s Rule of Order’ so that when we have our monthly Discovery meeting they know what the procedure is. Linda & Sybil came out to oversee their meeting and showed the students how to make rain sticks.

Rich, from Mountain Challenge, comes each Thursday to give the older students his curriculum. They love him!

We also brought out our tub of unusual instruments and the students loved trying them and learning about the different sounds they make.

The students have been very creative making stick houses, crafts out of foam board and pony bead items for Valentines.

We are now gearing up to sow seeds and look forward to a harvest in the spring/summer.

**4-H Expanded Food and Nutrition Education Program (EFNEP)**

Jo Simpson, 4-H Program Associate

Youth EFNEP presented 20 lessons this month to over 400 students in Bald Creek and Micaville Elementary Schools. Over 170 students received 6 hands on nutrition lesson and graduated from the program while 200 began their adventure with the Professor Popcorn lessons. Students gain knowledge in the area of nutrition and food safety and also learned proper hand washing techniques and ways to prevent the spreading of germs. They also discovered that eating fruits and vegetables daily along with eating a healthy breakfast everyday could help build their immune system to ward off sickness. Students helped prepare several nutritious snacks.

I attended 3 days of EFNEP curriculum training this month in Raleigh. The State EFNEP staff provided the training and fellow colleagues gave demonstrations on each different type of curricula offered for EFNEP. I demonstrated a lesson from the Food for Thought curriculum. It was a fun educational training.
Mountain Challenge
Richard Chuvala, 4-H Program Assistant

✓ With February weather working more in our favor Mtn. Challenge was able to really get going out at our schools. We are currently working with 66 youth from our local school system. I have really tried to focus on developing communication, leadership and teamwork skills at all of the schools I am working at. Using experiential learning activities helps our participants gain hands on experience that I can use to help teach these vital skills. Some of these activities include Pipeline, where participants must transport an object from one area to another using foot long pieces of pipe, Jenga building blocks, and making towers using just marshmallows and raw spaghetti as building materials. As the weather continues to get better I am looking forward to taking our students outside to do even more activities.

February was also busy reapplying for grant funding for the next fiscal year. I attended a training that taught me how to apply for funding via the NC ALLIES online website. I then completed, submitted and gave a presentation of our program to the local JCPC. We should know by next month if we have been approved for further funding. We are very thankful for the support of the county and hope for your continued support as we work to help improve the lives of our local youth.

4-H Discovery
Linda Semon, 4-H Program Associate

4-H Discovery Club members learned how hard it is to communicate your feelings. This was 4-H Talent Search month and many members showcased their singing and dancing skills for the entertainment of club members. We are looking forward to the 4-H Talent Show on May 19th at the Burnsville Town Center. This month also marks the third year of our 4-H Small Farms Week Poster Contest, youth are encouraged to create a poster pertaining to this year’s theme.

Our 4-H Horse Judging team is meeting twice a week to prepare for competition in April.

Four Yancey County 4-H Volunteers attended the annual North Carolina 4-H Volunteer Leaders Association conference in Raleigh. They attended valuable educational workshops, heard inspirational speakers and were able to network with other volunteers from across the state. 4-H Volunteer Marieka Black represented us well this year as the State President.

I attended the 4-H State Council congress-planning meeting as the district advisor with three youth from our district attending.

4-H School Enrichment
Sybil Chapman, 4-H Program Assistant

This month I attended a “Building Entrepreneur Skills” at Mayland Community College. I learned several new ways to present entrepreneurship to Middle School youth in CareeSmarts classes. I have also taken three classes of Learning the Language of LEA (Local Education Agency). These classes help when I am working with the teachers and principals to present my school enrichment programs. Next month I have a face-to-face class in Statesville.

I have taught CareerSmarts to CRMS seventh graders. This month we talked about personalities and how they relate to getting a job. I helped the students learn how to fill out a job application and what to say or not say in a job interview.

I have gone out to the Discovery Club meetings with Linda Semon and I filled in at Bald Creek afterschool site.

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