



Brunswick County 4-H

March 2019

Empowering Youth and Families Program

The Empowering Youth and Families Program (EYFP) has been developed by North Carolina 4-H and NC State University. Brunswick County is one of ten NC counties participating in this program which is being funded by the Substance Abuse and Mental Health Services Administration in response to the current opioid crisis. This is an eleven week program that is designed for youth ages 10-14 and their caregivers to build healthy relationships, strengthen communication skills, and learn about opioid misuse. Each session is free of cost and a family meal will be provided. At the completion of this program, families will be treated to a free weekend retreat at a North Carolina 4-H Camp where they will enjoy a variety of activities and work together with local partners to plan a community event to raise awareness about opioid misuse and abuse.

Registration for the first eleven week session is currently open. The spring session will begin in March and end in early June. This program will be running for the next two years. Brunswick County 4-H is working closely with the Brunswick County Health Department and vital partners in New Hanover County. To learn more about EYFP, visit www.opioidpreventionnc.org. If you are interested in participating in this program, please contact the Kenan Bridges at the Brunswick County Cooperative Extension Office at (910) 253-2597 or kbridge3@ncsu.edu.

Contact us:

**Brunswick County 4-H
Youth Development**

Check out Brunswick
County 4-H

We are also on Facebook-
[Brunswick County 4-H!](#)

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DATES:

Teen Retreat: April 26-27

County Presentations:
May 6-7

Healthy Living Summit: May 3-5

Citizenship Focus: June 10-12

Residential Camp: June 16-21

District Activity Day: June 21

State Presentations: July 20

4-H Congress: July 20-24





Brunswick County 4-H

March 2019

page two

Winter Fling Feast down East



On February 8-9, 4-H teens from across North Carolina's southeast district came together for an annual event called Winter Fling. This is an event that allows 4-Hers to come together, attend workshops, and hold business meetings. Brunswick County had six 4-Hers attend this year's lock-in in Lenoir County.

The theme was "Every Snowflake's Different — Just Like You!", with the focus of appreciating your uniqueness. The group made blankets to donate to The Little Pink Houses of Hope, which is a non-profit organization that provides a supportive environment for breast cancer patients and their families. There were also four workshops offered; "I'm Right, You're Wrong, You Jerk!", how to have a civil conversation when there is a disagreement or difference of opinion; "Parliamentary Procedure", teaching youth how to properly run business meetings; "Public Speaking", with tips about speaking in public; and "Cooking" allowing youth hands-on experience in the kitchen.

On Friday, February 15th eight 4-H Teens attended the Local Food Conference at UNCW, presented by Feast Down East. Feast Down East is a nonprofit organization working to grow the local food system in Southeastern NC; including farmer support, produce distribution, and increasing access for all consumers in Southeastern NC. Teens enjoyed breakfast and lunch from UNCW Locally-source campus dining featuring seasonal



products from Feast Down East Farmers. We learned about a New Hanover County Local Motive Mobile Farmers Market that visits a total of ten public housing neighborhoods and it accepts SNAP/EBT or food stamps. Teens also attended workshops on sustainability, Vacation Vittles, The Mediterranean Diet, and Honey, Hemp, and Healthy Eating.





Brunswick County 4-H

March 2019

page three

Be a Bone Builder!

What's the big news? The program "Be-A-Bone Builder" has now been adopted as a National 4-H Curriculum and can be found on National 4-H Mall, with all of the original TiLT youth volunteers recognized. Including Kenan Bridges, who now works with Brunswick County 4-H as the Empowering Youth and Families Program Assistant now alongside his TiLT facilitator Angie Lawrence.

Brunswick County 4-H is the Youth Development program of the Brunswick County Cooperative Extension, located next to the Brunswick County School Board in Bolivia, NC.

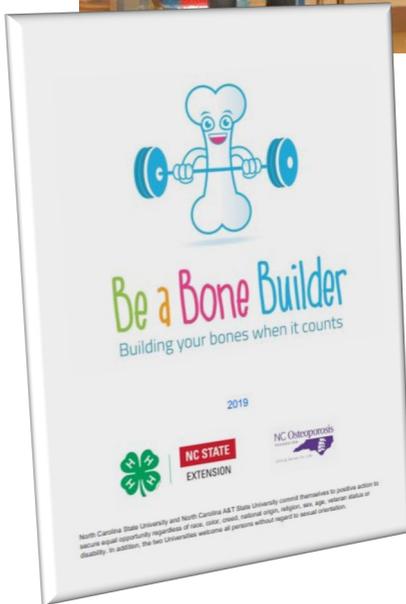


4-H School Enrichment like "Be-A-Bone Builder" is a sequence of research-based learning experiences for groups of youth, in school or after school to be used during

school hours to support the school curriculum or after-school to provide extended enrichment for students. For more information on how to start or join or start your own 4-H Teens in Leadership Training visit our web page: <https://brunswick.ces.ncsu.edu/tilt/>



Brunswick County 4-H Teens in Leadership Training (TiLT) members from 2011-12 worked with Angie Lawrence and other Extension Staff on a program that taught kindergartners about the importance of bone health, with support from the NC Osteoporosis Foundation. These teens created and implemented a strong bones curriculum that has been taught in all kindergarten classrooms in Brunswick County Public Schools for the past 8 years. Then in 2016 this curriculum was adopted by North Carolina 4-H and was named "Be-A-Bone Builder"!





Brunswick County 4-H

March 2019

page four

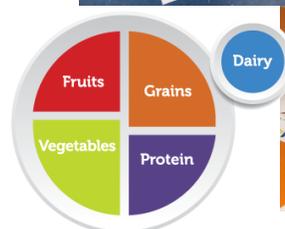
Learning, Mentoring, and Teaching 4-H Healthy Habits

Brunswick County 4-H is in their 3rd year of learning, mentoring, and teaching 4-H Healthy Habits. On January 19th-20th, four Brunswick County 4-H Teens in Leadership Training (TiLT youth volunteers attended the NC 4-H Healthy Habits Leadership Retreat at Millstone 4-H camp. Youth increased their knowledge in how to work with youth k-8, learned about EFNEP curriculum, and networked with other youth and adults from around the State. On Sunday, January 20th, Brunswick County 4-H teens Autumn Apple, Sydney Blair, Bobbi Jane Lawrence, and Abbey Lute taught 4-H youth from other counties how to use the 4-H Curriculum Learn, Grow, Eat, Go. Autumn Apple taught physical activity, Sydney Blair taught about roots and stems, and Bobbi Jane Lawrence and Abbey Lute taught teens how to do taste test. Then Brunswick County teens led NC County Healthy Habit teams in planning lessons for their counties.

Each NC 4-H County, Healthy Habits team, works on their own Plan of Action and executes their plan in their county, helping youth improve healthy food choices balanced by physical activity. Brunswick County TiLT youth volunteers have partnered with Supply Elementary Communities in Schools After-School program, targeting 5th grade youth using NC

Healthy Habits Cookbook "Cooking Up Confidence." 4-H TiLT youth volunteers have planned a 7 week curriculum that hi-light My Plate and Physical Activity through teaching youth how to prepare recipes with ingredients most youth have in their pantry; through hands-on activities that teach kitchen prep, cleanliness, and safety.

Brunswick County 4-H TiLT youth volunteers kicked off their seven-week curriculum on Monday, February 11th. Sydney Blair, and Summer Kelly assisted Bobbi Jane Lawrence with the first lesson that introduced My Plate through a relay race, followed by learning how to read a recipe and measure ingredients while making Black Bean Hummus in a bag. Supply Elementary 5th Grade CIS After-School students have been placed in four teams that will work together in the coming weeks to build on kitchen skills, nutrition, physical activity, and team-work. These teams will be mentored by the same TiLT youth volunteer coach throughout the seven-week process ending with an Etiquette lesson and celebration.





Brunswick County 4-H

March 2018

page five



Sunny Saddle 4-H Horse Club members were treated to hands on activities with horses from They got to see how to clean their hooves, and other grooming techniques. The club meets at Union Elementary on the first Monday of each month from 3:40pm until 4:30pm Contact Lauren Gore lgore@bcswan.net. Space is limited Must have recommendation from teacher. Must have reliable transportation

Brunswick County 4-H Adventurers

The Brunswick County 4-H Adventurers Club members have been working on their Project Record Books, and Presentation skills. They have also been using the 4-H Discovery Member's Manual that is full of ideas for fun and learning. about 4-H. Their club meets twice a month at the Extension office. Contact Arletta Aleshire at alaleshire@gmail.com for more information.

