The 4-H Kids in the Kitchen is exciting cooking classes for youth. This offers a great summer activity for boys and girls. This on-hands workshop teaches nutrition and basic food preparation.

The **Kids in the Kitchen** classes teach the basics of measuring and reading a recipe. Also several nutrition lessons and label reading activities will be presented in a fun-filled atmosphere. Recommended ages for this program are **youth ages 5 to 12 years old**. Two class choices are available. **Morning class:** 10:00am-noon **Afternoon class:** 2pm - 4pm

Kids in the Kitchen Advanced class will be a 2-day event for youth **ages 10 and older**. This class will run 9:00 am—3:00 pm.

Each youth must register since the class space is limited. The cost for this program is **$20.00** per participant. Classes are limited.

Classes will be held at the Saluda Extension Office.

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**4-H Tech Camp**

**June 6 & 7, 2017**

The 4-H Tech Camp will include robotics, rockets, and electricity. This camp program gives youth an opportunity to discover robotics by building and programming an EV3 robot. In addition, youth will build paper rockets and foam rockets. As an added bonus, youth will discover the world of electricity by wiring different projects using the snap circuits equipment.

Tech Camp is limited to **youth ages 9 and older**. A limit of 14 youth will be allowed in the class, so all youth need to register beforehand. Classes will be held **June 6 & 7** at the Saluda Agricultural Building, **1:00 pm to 4:00 pm**. Cost is **$20** for the classes.

Unfortunately, because of the expense of the robot and electricity kits, they will not be available for the youth to take home.
Summer Sewing
Beginners — July 25-27, 2017 — 9am–12 noon or 1pm–4 pm
Advanced — August 8-9, 2017 — 1 pm—4pm

and sewing a straight line, then on to pattern cutting and sewing together our project.

Advance sewing classes will making a stuffed animal. Youth in this class need to have completed the Beginners Class.

**Youth must be 9 years or older for these classes.** Cost for either class is $25.00 which includes all materials.

**Saluda 4-H Activities**
Tech Camp ......................... June 6 & 7
Kids in the Kitchen .............. June 14-16
Kids in the Kitchen Advanced..... June 27-29
Saluda Beg. Sewing ............... July 25-27
Advanced Sewing .................. Aug 8-9

**Statewide Activities**
Residential 4-H Camp ............. June 11-15
or July 23-27
State 4-H Horse Show .......... June 20-24
State Horse Camp ..................July 5-9
State 4-H Congress ............... July 12-15

Volunteers Needed
Adult and Teen volunteers are needed for helping with the summer programs. If you are 12 years or older and would like to help, please call Connie N. Lake at 864-445-8117 or 864-992-8862.

The Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color gender, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

Clemson University Cooperating with U. S. Department of Agriculture, South Carolina Counties, Extension Service, Clemson, SC.

Issued a Furtherance of Cooperative Extension Work in Agriculture and Home Economics Acts of May 8 and June 30, 1914
4-H Day at the Columbia Fireflies Baseball
Sunday, July 30, 2017

Come join 4-H members from the Midlands at the Columbia Fireflies Baseball game on Sunday, July 30. Game time is 5:05pm. The Fireflies will be playing the Augusta Green Jackets.

During the game, there will be activities between innings where some of our 4-H members will be participating. After the game, fans are welcome on the field to “Run the Bases”. Stick around after the game to get autographs from the Fireflies players.

4-H Summer Camp
June 11-15 @ Camp Long
July 23-27 @ Camp Cooper

Sign up for 4-H Summer camp at your local County Extension Office. Camp is $275 for 4-H members or $285 for non-members. You may select from either of the camp weeks.
# Summer 4-H Classes Registration Form

For New Members Only

**Participant Name:** _______________________________  **T-Shirt Size:** ____________  
YS, YM, YL, S, M, L, XL, XXL, XXXL

**Parent Name:** ____________________________________________

**EMAIL ADDRESS** ____________________________________________

**Address:** __________________________________________________

**City:** ______________________  **State:** _____________  **Zip:** ________

**Daytime Phone Number:** ______________________________________

**Age:** ____  **Sex:** _______  **Race:** _______  **Grade:** _______

Where do you live?: (Circle one)  Farm  Non-Farm

Please put a check mark (X) by each class you would like to attend.

<table>
<thead>
<tr>
<th>Tech Camp</th>
<th>Jun e 6 &amp; 7 ~~ 1 pm to 4 pm</th>
<th>Age 9 up</th>
<th>$20.00 (__)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kids In The Kitchen</strong></td>
<td>June 14, 15 &amp; 16 ~~ 10:00 to Noon</td>
<td>Age 5-12</td>
<td>$20.00 (__)</td>
</tr>
<tr>
<td><strong>Kids In The Kitchen</strong></td>
<td>June 14, 15, &amp; 16 ~~ 2:00 to 4:00</td>
<td>Age 5-12</td>
<td>$20.00 (__)</td>
</tr>
<tr>
<td><strong>Advanced</strong></td>
<td>June 27 – 29 ~~ 9:00am—3:00 pm</td>
<td>Age 10 up</td>
<td>$20.00 (__)</td>
</tr>
<tr>
<td><strong>Beginner Sewing</strong></td>
<td>July 25, 26 &amp; 27 ~~ 9:00 to Noon</td>
<td>Age 9 up</td>
<td>$25.00 (__)</td>
</tr>
<tr>
<td><strong>Advanced Sewing</strong></td>
<td>July 25, 26 &amp; 27 ~~ 1:00 to 4:00</td>
<td>Age 5-12</td>
<td>$25.00 (__)</td>
</tr>
<tr>
<td><strong>4-H Membership</strong></td>
<td>1x fee ~ covers membership for 1 year</td>
<td>Required</td>
<td>$10.00 (__)</td>
</tr>
<tr>
<td>If already member</td>
<td></td>
<td>No fee</td>
<td>-0-</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td></td>
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</table>