

# Cloverline

Jan/Feb 2010

Forsyth County 4-H  
1450 Fairchild Drive  
Winston-Salem, NC 27105  
336-703-2850  
<http://www.forsyth.cc/CES4h@forsyth.cc>

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The 2010 4-H Theme is:

## We Are 4-H: Then, Now and Forever

This will be our Theme for 2010 events including the Dixie Classic Fair booths. There will be a focus on careers so look for that in our Summer Adventures offerings.

There are lots of exciting things mentioned in this newsletter. We hope that you will become active if you aren't already and hope to see you at a 4-H event like Achievement Night or Nutrition Fair soon.



Making the best better,

*April W. Bowman*

April Bowman



*Amanda Lowe*

Amanda Love

*Donald Mebane*

Donald Mebane



**NC** State University  
A&T State University  
**COOPERATIVE  
EXTENSION**

Empowering People • Providing Solutions

## LIVESTOCK INSTITUTE

If any youth ages 14-18 and interested in **meat goats** or **beef cattle** would like to attend a FREE, Leadership Institute please let me know ASAP. Applications are due Friday, January 8<sup>th</sup> to Raleigh.

## LIVESTOCK JUDGING

If you would like to learn to **judge or show livestock** (beef cattle, meat goats, sheep or swine) you should attend the fourth annual **Judging in January**. This event is hosted by the NC Jr Hereford Association (NCJHA) and will be held January 23 and 24. The \$12 registration fee includes a light breakfast and a full lunch on Saturday as well as program materials. Registration is due January 15<sup>th</sup> so visit

<http://forsyth.cc/ces> or call us for more information soon.

You do NOT have to own livestock to participate (city kids can do it too)!

### *4-H Horse Bowl*

**Who:** Youth ages 9-19  
(as of Jan. 1, 2010)

**When:** January 9<sup>th</sup>, Practice  
February 13<sup>th</sup>, Contest

On January 9<sup>th</sup>, Rockingham County 4-H will host a **Mock Horse Bowl** practice and will have **hippology** supplies and equipment to practice with. Registration will start at 9:00 am & practice will start at 10:00 am. At the practice everyone will mix up to form a team of four to practice. At the District Horse Bowl, you **MUST** have a team of three other people from your county. You may compete as a junior team (four members ages 9-12), a senior team (four members ages 13-19) or a mixed team (no more than two 13-19 year olds and up to three 9-12 year olds). You do **NOT** have to own a horse to participate. If you don't want to participate, volunteers (youth and adult) are needed to keep doors closed, run score cards to the tabulation room, etc.

Contact April at [4H@forsyth.cc](mailto:4H@forsyth.cc) or 703-2855 or visit <http://forsyth.ces.ncsu.edu/index.php?page=youth4h> for more information.

### *4-H INT. EXCHANGE*

Would you like to learn about people in other countries, travel to Japan, Costa Rica, Australia or Norway; host an exchange student from Japan, or one of the Newly Independent States such as Russia or Ukraine, or just learn more about the world? North Carolina 4-H offers us that opportunity through the 4-H International Exchange Program. For more information and forms go to <http://forsyth.cc/ces>. The deadline for the **outbound exchange** is January 15<sup>th</sup>. **This could be the LAST year this opportunity is provided through 4-H!**



## **Project Record Books**

The deadline for submitting project record books is just around the corner (January 12<sup>th</sup>). Doing a project record book is a great time to reflect on all the neat things you have done throughout the year with 4-H, as well as win awards and money for doing it! It's also an easy and fun way to earn scholarship money to help pay for camp and summer adventures opportunities for 2010. Doing a project record book is a great resource as you get older, for filling out college applications, job applications, and resumes. You can do project record books on any topic that you are interested in. 4-H project record books for all ages compete at the county level, and 9-18 year olds at the district and state levels and allow youth to enhance their writing skills, showcase their participation in programs and receive awards.

Project record books need to be turned in to the Extension Office by Tuesday, **January 12 by 4:30 PM**. Forms can be found online at <http://forsyth.cc/ces> by clicking on 4-H, then 4-H forms. Remember your age is based on how old you were on January 1<sup>st</sup>, 2009 since this is your 2009 Project Record book.

### **CUMULATIVE RECORD BOOKS**

Cumulative record books are 4-H projects based on one specific project area (ex. Sewing or Expressive Arts) that cover up to 3 years worth of work. Youth must be at least 13 years of age on January 1, 2009 to participate. Awards for cumulatives go up to \$150! Cumulatives are due Tuesday, **January 20<sup>th</sup> by 5 PM**.

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# NCD 4-H TEEN RETREAT

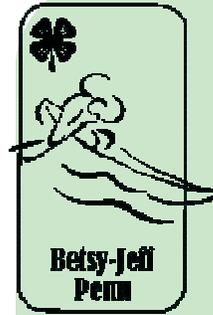
The North Central District 4-H Teen Retreat is scheduled for **March 5-7** in Burlington. Teens ages 13-18 are encouraged to attend fun workshops on careers, leadership and more. Registration has not been released yet. Pre-register with April to indicate your interest at 703-2855 or [4H@forsyth.cc](mailto:4H@forsyth.cc).

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On Friday, **February 5<sup>th</sup>**, there will be a three hour **workshop on project record books** and **one on presentations** for adult volunteers at the State 4-H Volunteer Leaders Conference in Raleigh. Space is VERY limited so please let us know ASAP if you want to attend. The cost is \$30 before January 22nd. Transportation may be provided.

On Saturday, **February 6<sup>th</sup>**, there is an additional opportunity to travel back to the conference for more workshops on preparing healthy snacks, managing behavior, leather-crafting, electric project work and much more – there's sure to be something for everyone. Your registration costs can be reimbursed to you! The cost for Saturday only if you register before January 22<sup>nd</sup> is \$100 and includes all your meals including a banquet.



## 4-H CAMP

Don't miss out on a cool camping opportunity. Forsyth County 4-H will be camping at **Betsy-Jeff Penn** in Reidsville, NC from **June 13-18<sup>th</sup>**. We will be camping with other youth from surrounding counties. To reserve your spot, make a **deposit of \$50 by Jan. 31st**. The full cost will be \$325 and includes transportation, your meals, a t-shirt and snacks. Youth may use their 4-H Scholarship dollars to pay. Don't miss out on a great week of fun and adventures with traditional camp experiences (horseback riding, hiking, archery, swimming and arts and crafts). Youth ages 14 and up participate in traditional camp but also learn outdoor living, high ropes, canoeing, rock climbing and much more. Space is very limited so come by the Extension office or mail your check to Forsyth Co. 4-H soon. Camp is open to youth ages 8 and older. This year **ONLY**, Mrs. April hopes to be staying in the 8 year old female cabin as a cabin helper.

## 4-H BEEKEEPING ESSAY

Would you like to win up to \$750 for writing a story about bees? This year's theme is "Is My Community Honey Bee-Friendly?" Details and rules can be found at <http://ipm.ncsu.edu/4-H/essay.html> or may be mailed to you upon request. Essays are due to the STATE office by February 14<sup>th</sup> so please submit your essay to Forsyth County 4-H by Thursday, February 4th.





## PANCAKE JAMBOREE

Forsyth County 4-H is teaming up with the Twin City Kiwanis (long time sponsors of the 4-H Public Speaking and Presentation Competition) to sell tickets to their annual **Pancake Jamboree** to be held on Friday, February 12<sup>th</sup> at the Benton Convention Center from 6:30 a.m. to 8 p.m.

Tickets are \$6 for adults and \$3 for youth ages 12 and under for all you can eat pancakes and sausage. Forsyth County 4-H gets a portion of the proceeds from all the tickets that we sell. Please come by the Extension office or see April to purchase tickets. Youth are also needed to help bus tables for the event. We will receive a donation for this effort. Hope to see you there!

## 4-H HONOR CLUB AND SCHOLARSHIPS

Membership in the North Carolina **4-H Honor Club** is bestowed upon those 4-H'ers who have exhibited outstanding 4-H citizenship and leadership throughout their 4-H career. An Honor Club member continues to provide leadership and service to the total 4-H program throughout life.

In order to be eligible for membership, the applicant must have completed three or more years of 4-H club work and shall be at least 16 years of age and not more than 20 years of age on January 1<sup>st</sup> of the year of application.

If you are an incoming freshman at an accredited college or university, then you should apply for **4-H scholarships**. North Carolina 4-H is awarding over \$30,000!

Honor club and scholarship applications are due to the Forsyth County Extension office by **December 31<sup>st</sup>** so that they can be proofed, corrected and received in Raleigh at the state 4-H office before January 15<sup>th</sup>. Applications are available at <http://forsyth.cc/ces>, then click on 4-H and then forms.



## OPERATION MILITARY KIDS VISUAL ARTS CONTEST

Any youth ages 5-18 are encouraged to submit **photographs** from the following categories:

- Celebrating Military Careers
- Honoring Our Heroes
- Growing Up in America

Contest rules and guidelines can be found at

[www.nc4h.org/military/index/html](http://www.nc4h.org/military/index/html)

Photos must have been taken between January 1 and April 23, 2010. Youth do NOT have to be affiliated with the military in any way. **ENTRIES** must be submitted to Forsyth County 4-H by **Friday, April 23<sup>rd</sup>**.



Photo by Brain Phagan

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## 4-H NUTRITION FAIR

The third annual **4-H Nutrition Fair** will be held on **Tuesday, March 2<sup>nd</sup>** (snow date March 9<sup>th</sup>) at the Forsyth Co. Extension Center at **6 PM**. Youth ages 5-18 are invited to prepare a dish in the following categories: bread, dessert, beverages, main dish, fruit/vegetable or snack. They should bring their prepared dish along with a place setting and table decorations to be judged by a team of two judges.

Entries should have *some* nutritional value or have substituted something unhealthy with something healthier (applesauce for oil, etc.). Exhibitors are encouraged to dress according to their table theme.

To enter, send your name, age (as of Jan. 1, 2010), category and a copy of your **recipe** to [4H@forsyth.cc](mailto:4H@forsyth.cc) or by mail to 1450 Fairchild Road, Winston-Salem, NC 27105 before **Monday, February 15<sup>th</sup>**! Visit <http://forsyth.cc/ces> for rules and more information.



## CENTENNIAL 4-H ACHIEVEMENT NIGHT

**Tuesday, February 2, 2010 at 6pm**

**RSVP by January 19th**

Everyone that has a 4-H enrollment form or volunteer application on file that RSVP's will receive a certificate of recognition. We will be having a pig picking and all the fixings (and maybe some chicken IF there is someone that doesn't eat pork). **EVERYONE** is invited to attend. This is a GREAT way to learn more about the different 4-H programs we have to offer. Email [4H@forsyth.cc](mailto:4H@forsyth.cc) or call 703-2850 with questions and to RSVP.



## SOUTH FORK 4-H CLUB

On Nov. 12, 2009 the South Fork Community Club made pictures and wrote letters along with putting together boxes for two soldiers, Christopher Freeman and Anthony Cortinas, whom are in Afghanistan. They wanted to wish these two fellows happy holidays. And an added bonus, Christopher's birthday was Christmas day so they wanted to send him something special. The South Fork Club also made two stockings for the Salvation Army at there Dec. 10, 2009 meeting. They made one for a boy and one for a girl ages 5-10 years old.

## Coming Events

Below are some upcoming dates. Contact us for more information on any of these events.

<http://www.forsyth.cc/CES> [4H@forsyth.cc](mailto:4H@forsyth.cc) 336-703-2850

- December 31 4-H Honor Club and Scholarship applications due
- January 1 Offices Closed – Happy New Year
- January 7 South Fork 4-H Club Meeting, 3:30 PM, new members welcome
- January 9 Mock Horse Bowl, Rockingham County
- January 11 NCD 4-H Horse Bowl Questions Due (reg. due Jan. 22)
- January 12 4-H Project Record Forms due by 4:30 PM
- January 12 4-H County Council, Youth 11-18, 4:30 PM
- January 15 International Exchange applications due
- January 19 4-H Cumulative Record Forms due by 5 PM
- January 19 4-H Achievement Forms Due by 5 PM
- January 19 RSVP for 4-H Achievement Night by 4:59 PM; [4H@forsyth.cc](mailto:4H@forsyth.cc) or 703-2850
- January 21 South Fork 4-H Club Meeting, 3:30 PM, new members welcome
- January 22 NCD 4-H Horse Bowl entries postmark date (note questions due Jan. 11)
- January 22 Volunteer Leaders Conference Registration Due
- Feb. 1 Club Finance Reports, Perfect Attendance and List of Club officers due
- Feb. 1 Extension and Community Association College Scholarships Due
- Feb. 2 4-H Achievement Night (Feb. 9<sup>th</sup> Snow Date)
- February 4 Beekeeping essays due
- Feb. 5-7 State 4-H Volunteer Leaders Conference, Raleigh
- Feb. 12 Twin City Kiwanis Pancake Jamboree, 6:30 a.m.-8 p.m.,  
Benton Convention Center
- Feb. 13 North Central District 4-H Horse Bowl, Guilford County CES
- Feb. 15 Nutrition Fair recipes due
- March 2 Nutrition Fair (March 9<sup>th</sup> Snow Date)
- March 5-7 North Central 4-H Teen Retreat, Burlington
- March 12 4-H Plant Sale Orders Due
- March 25-26 4-H Plant Sale

