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Forsyth County Center

January/February 2009

1450 Fairchild Drive
Winston-Salem, NC 27105
336-703-2850
<http://www.forsyth.cc/CES>
4h@forsyth.cc

We hope that you all had a wonderful holiday season and were able to spend time with family and friends!

This new year promises to be full of exciting events, as we start by celebrating 100 years of 4-H in North Carolina on February 3rd, at our Annual Achievement Night Banquet.

We hope to see all of you there to help honor our 4-H'ers for achievements that have been made over the last year. EVERY 4-H'er that RSVP's will receive a recognition certificate. RSVP by NOON, January 23, to receive yours. This year's theme is "Passport to 4-H" and we will be celebrating the International Exchange Program. 4-H'ers are asked (but not required) to dress in costume from another country.

Happy New Year!

Making the best better,

April Bowman

Amanda Cochran

Donald Mebane

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North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



2009 Beekeeping Essay Contest

Another way to earn scholarship dollars is the annual beekeeping essay contest. The essay is due February 14th and is on the supposed bee dance of bees language.

(Not to be confused with “The Secret Life of Bees”.)

The details of this contest are available at:

<http://ipm.ncsu.edu/4-H/essay.html>

<http://ipm.ncsu.edu/4-H/essayhints.html>

<http://ipm.ncsu.edu/4-H/essaywins.html>

Or you may contact the 4-H office at 336-703-2850 to have a copy mailed to you!

Performing Arts

North Carolina 4-H is starting a **Performing Arts Troupe**. Some of you may remember the Troupe from the 80’s, and the vision for 2009 is very similar. Unlike most 4-H performing groups around the country, our Troupe will not be a variation on a show choir. Instead, we will rehearse and stage an original musical theatre production written to celebrate the 100 year history of 4-H in North Carolina as part of the Centennial Celebration at 4-H Congress.

Current 4-H members ages 12-18 will have the opportunity to audition for the 30-40 performing roles in the Troupe. 4-H’ers who are more interested in the technical components of the show can apply to work with our technical staff in the areas of costumes, props, set, lighting and sound. Applications for performing and technical students will be available beginning in January with three regional auditions being planned for March.

We are also offering opportunities for 10-12 adult volunteer leaders to help bring this dream to fruition. The adult volunteers will work with our directors and technical staff to support and provide leadership for our teens. Adults who are interested in music, dance, costumes, props and the technical aspects of theatre are encouraged to apply.

There is a \$300 cost for this, which will cover the cost of the rehearsal weekend in May, and the weekend rehearsals before Congress (scholarship dollars may be utilized).

There are required dates: **May 8-10**, and **July 18-23**. This is for both performing AND technical roles.

Project Record Books

Don’t forget that this year is North Carolina 4-H’s centennial (we turn 100) so there will be many exciting events. You will want to earn as much [scholarship dollars](#) as possible to help you pay for these wonderful and exciting events. The best way to earn scholarship dollars is to complete **project record books**. They are due by 5pm on Tuesday, January 13th.

You can download forms at http://forsyth.cc/CES/fourH_forms.aspx or contact the 4-H office!

Volunteer Leaders Conference

This is **THE** event to go to if you are a 4-H Volunteer Leader! This event will be held in Raleigh, February 6-8th, 2009. There is a registration fee of \$110 for the entire weekend if you register by January 16. Some leaders will have their registration reimbursed. Please note that registration fees do not include the Friday daytime pre-conference sessions. There is an additional charge for those daytime classes. During this conference, volunteer leaders will experience different 4-H leadership methods used throughout the state with other volunteer leaders, as well as getting to have a little fun while mingling with those other leaders! Open your minds to further explore the world of 4-H and attend this conference! Look for more conference details in your mailbox!

The Forsyth County 4-H will have displays in the Forsyth County Libraries on a rotating basis, so visit your local library at least monthly to look for our display!

BUY 4-H Centennial Stuff at: <http://www.cafepress.com/nc4h>

Parliamentary Procedure Training

Are you new to 4-H? Have you been in 4-H before? Either way, this is a training that you won't want to miss! This training will help you to understand the policies in 4-H. It will teach you, and your youth, how to properly conduct meetings and other events. This event will be held on January 13th, at 6:30 pm at the Forsyth County Cooperative Extension Center. Feel free to invite a friend, young or old! Please RSVP no later than January 9th, so proper amounts of paperwork can be printed! For more information, please contact the 4-H office at 336-703-2850!

4-H Postage Stamp!

You can now order 4-H Centennial Postage Stamps!
Each stamp sheet includes 20 custom designed NC 4-H Centennial Stamps!
1 Sheet of NC 4-H Centennial Stamps = \$20
Each Additional Sheet = \$18; For an order form or more information,
please visit <http://www.forsyth.cc/CES>.
To pre-order, please make checks payable to NC 4-H Development Fund
and mail to: Sarah Ray; NC 4-H Development Fund;
NC State Box 7645 Raleigh, NC 27695-7645



Centennial Postage Stamp Contest



Congratulations!

Congratulations to twelve year old Hayden Lineberger of the Magnolia Hunters 4-H club. Hayden won 1st place at the state level in the Investwrite Essay Contest, where he received \$100 and a medal. Winning nationally, Hayden also received a laptop, a family Disney trip, plaque, and a huge trophy that stands as tall as he is. But the real prize—that of National Grand Champion—won him a trip to the NYSE where he got to ring the closing bell, a tour of the Merrill Lynch executive offices, and a \$10,000 college scholarship!

Color Me Green Contest Results

Participation in this competition was very low, so the winners in the county were rewarded a little bit more generously than usual with scholarship dollars!

David Allen Pledger-County Winner, 9-10 year old	Nathan Barrick-County Winner, 11-13 year old
Samuel Barrick-2nd place, 9-10 year old	Brynna Phagan- Cloverbud winner
Alex Arrowood- Cloverbud winner	Andrew Pledger- Cloverbud Winner
Bailee Phagan- Cloverbud winner	

4-H'ers, in order to earn more scholarship dollars, you MUST compete!

Winterfest

Winterfest will be held January 31st, in Orange County. This is an opportunity for youth aged 11 and up to fellowship with other youth from around the state, during meetings, workshops, and a fun recreational time of Ice Skating. The cost is \$15/child and includes snacks, lunch on Saturday, and activity fees.

Registrations are due January 9th to your local 4-H office. These events operate under the [4-H Code of Conduct and Disciplinary Procedure](#). For more information, or registration forms, please contact the 4-H office at 703-2850.

Operation Military Kids Visual Arts Contest

North Carolina 4-H's Operation: Military Kids program is proud and excited to announce the OMK Photography and Arts Contest. The contest is open to youth. The age categories are 5-8 years old, 9-10 years old, 11-12 years old, 13-15 years old, and 16-18 years old. The contest is designed to introduce youth to Visual Arts as a part of the 4-H Expressive Arts Curriculum. Contests will include Photography and Original Artwork pieces. Youth will utilize their skills and their artistry to capture their view of America and patriotism. Selected visual arts will be displayed during the week of the 2009 North Carolina 4-H Congress, other events and appropriate venues. For themes, objectives, entry forms, guidelines and more information, please visit: <http://www.nc4h.org>, or contact your local 4-H office!

It's Easy Being Green!

Tips for Environmental Sustainability for Home, School and Community

Let's go green!

It's up to all of us to take care of our earth and pass on good environmental practices. For example, when working with families, include resources about conservation in family handbooks, newsletters and signage around classrooms to help assure that practices are seen as a part of the school's culture, not just a 'wish'. Below are some ideas for helping us all "Go Green"!

Be Energy-Wise!

- Make use of natural light.
- Turn off lights when not in use.
- Encourage Carpooling!
- Change your thermostat settings.
- Introduce composting and/or worm farms by scraping the plates into a small bucket, or a trip to the compost pile.
- Use paper on both sides before throwing away.

Digging in the Garden

- Use non-invasive, native plants when planting garden areas for birds and butterflies.
- Plant vegetable gardens

Time to Clean Up!

- Create your own cleaning products.

It's Not All Trash! Reduce, Reuse, Recycle!

- Make your own play dough using water and flour and a little oil!
- Reuse old clothes.
- Engage children in sorting items into proper recycling or reuse receptacles.

For more information or a complete detailed article, please contact your 4-H office!

4-H Centennial Celebration at the Ballpark!

Don't miss the **BIGGEST** 4-H event in 100 years! Friday, June 5th, at 7:00pm, come out and support your county's 4-H club and enjoy a night at the brand new Winston-Salem ballpark, located conveniently right off Business 40.



Help us to celebrate 100 years of 4-H with clubs from all across the region.

A pre-game on-field parade (including 4-H'ers) begins at 6:00pm.

Tickets are \$10/each, and the price includes a souvenir team hat!

The deadline to order tickets is April 30th. Tickets will be issued on a first come, first served basis. 4-H'ers, we encourage you to sell tickets to try to earn a stadium tour and a DASH t-shirt! To pay by credit card, RSVP to Patrick Riley at 336.714.2287 x 1108, or at patrick.riley@wsdash.com to reserve your tickets. Please note that seating is limited and the deadline does not guarantee tickets. To pay with cash or a check, RSVP to Forsyth County 4-H. Visit www.wsdash.com for more information!

2009 Fur, Fish 'n Game Rendezvous

Spend a week at Millstone 4-H Center earning a Hunter Safety Certification, canoeing, and much more at the Fur, Fish 'n Game Rendezvous, June 21-26.

The cost for this is \$325 per person and includes lodging, meals, and instruction.

Registration forms can be found at http://www.ces.ncsu.edu/forestry/pdf/2009_ffng.pdf.

Ice Cream Cone-test Top Three Announcement!

With over **2,300** total votes, the 4-H Centennial Ice Cream Cone-test was a resounding success!! The votes have been tallied, and the Cone-test Committee would like to congratulate the Top Three Counties!!

-Gates - Clover Crunch: Chocolate Ice Cream with Caramel Crunch Pieces and Butterscotch Swirl

-Johnston - 100 S'More Years: Chocolate Ice Cream with Graham Cracker Pieces and Marshmallow Cream Swirl

-Tyrrell - 4-H Campfire Delight: Graham Cracker Ice Cream with Hershey Bar Chunks and Marshmallow Cream Swirl

The NC State Creamery is hard at work ordering all the ingredients for our Official Taste Test in January!! Winning counties will be invited to send a non-voting representative to the taste test press conference we are planning with the Chancellor, Dean, Director and Tasting Committee.

We are still planning for a March launch of the ice cream....get your spoons ready!!!

4-H Livestock Update

3rd Annual Perry & Doris Teeter Beef Leadership Institute

This opportunity is offered to twenty youth from across the state who would like to learn new and innovative ways to become better leaders.

This event will be held on *February 20-22* in Hickory in conjunction with the NC Cattlemen's Association meeting. Youth that want to participate in this event must be 14-18 years of age and have some type of participation with the beef industry. Applications for this event are due to the State office by January 16.

NC Junior Hereford Association Judging

This event is open to youth of all ages that would like to show off their livestock evaluation skills. It will be held at the NCSU Beef Educational Unit on *January 24*.

For more information about these events please visit our website.

http://www.cals.ncsu.edu/an_sci/extension/animal/4hyouth/ah4h.html

State Rabbit Meeting

On Saturday and Sunday, *March 21-22*, the **North Carolina Rabbit Breeders Association** will hold their annual statewide meeting. This meeting will be at the Brock Gym in Mocksville, NC. They are planning on holding a showmanship class (by 4-H standards) and an all breed rabbit class for 4-H members. They have a local judge who will be there who judges 4-H Rabbit Contests in Ohio several times a year. They will be holding a rabbit breed ID class as well.

Any 4-H youth who would like to participate in these are very welcome. There will be no charge. For additional information, please contact Brenda Smith at narrowgatefarm@msn.com, or your local 4-H office.

4-H: Come. See. Express.

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

<http://www.forsyth.cc/CES> 4H@forsyth.cc 336-703-2850

January 9	Registration Deadline for Winterfest
January 10	Mock Horse Bowl practice, Rockingham County
January 13	4-H County Council Meeting, 4:00pm, Forsyth County Center
January 13	4-H Project Records Due by 5:00pm.
January 13	Parliamentary Procedure, 6:30pm, Forsyth County Center
January 15	Deadline for 4-H Centennial Cookbook Recipes
January 16	Early Registration Deadline for Vol. Leaders Conf. in Raleigh
January 23	Registration deadline for 4-H Achievement Night, NOON
January 31	Winterfest!
February 3	Forsyth County 4-H Achievement Night, 6:00 pm
February 6-8	4-H Volunteer Leader's and Alumni Conference, Raleigh
February 14	Beekeeping Essay Contest Deadline
February 14	District Horse Bowl, Guilford County, 9:00 am
February 28	Farm Safety Day, Dixie Classic Fairgrounds
March 3	Nutrition Fair, 6pm
March 6	Registration deadline for Teen Retreat
March 13	Plant Sale orders due
March 20-21	Teen Retreat, Winston-Salem
March 26-28	4-H Plant Sale
March 27-29	Project Record Judging, Raleigh
March 30-April 1	Cumulative Record Judging, Raleigh
April 7	4-H Talent Show, 6:00 pm, Forsyth County Extension Center
April 18	State 4-H Horse Judging
April 21	Volunteer Appreciation Banquet, 11:30am, Forsyth County Extension Center
April 21	Presentation Workshop #1, Forsyth County Extension Center, Reg. 6:00 pm
June 5	4-H Centennial Celebration at the Ballpark, 7:00 pm
June 21-26	Fur, Fish and Game Rendevous at Millstone 4-H Center
July 2	Deadline to Register for 4-H Congress
July 20-24	4-H Congress in Raleigh
July 22	Centennial Kick-Off, Raleigh

Fun and Games!

T O M A K E T H E B E S T B E T T E R
 L H E A L T H R G E S P A R E N T S O
 F W M E N I M O A Q P R S D H Q R C C
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Health (one of the 4 "H"'s)
Heart (one of the 4 "H"'s)
Hands(one of the 4 "H"'s)
Head (one of the 4 "H"'s)
Clover (Emblem)
White(one of the 4-H colors)
Food
Parents

Games "To Make The Best Better" (4-H motto)
Members Leaders
Rocketry Green (one of the 4-H colors)
Projects Horses
Computer Pets
Sewing Speech (one of the skills you can learn in 4-H)
Garden Learn by Doing (the way we teach in 4-H)