Happy New Year!

First of all, I wanted to say thanks to all of you for being so understanding and supportive of me during my pregnancy. Because of your passion and dedication to 4-H, I was happy to come back to work and see all of your smiling faces!

Now that 2010 is behind us, it’s time to look to the future and plan for a great 2011! I challenge each of you to do something you’ve never done before in 4-H, whether that’s a project book, a presentation, participating in something like Nutrition Fair or 4-H Shines, or even showing an animal! That’s the great thing about being in 4-H—there are SOOO many different things to do!

Parents and leaders—I also challenge you to do something new. That could be going to a leader’s conference, leading a club meeting, teaching a Summer Fun class, or even starting a new club! We can all learn by trying something new or stepping out of our comfort zone, so go for it!

Last year, I heard someone on the radio say that instead of making a New Year’s Resolution, you should pick a word to focus on throughout the year. So, for 2010 my word was “strength.” I chose that word because I knew I would be going through a lot of new and scary experiences during my pregnancy. I can honestly tell you that I focused on that word all year... unlike any resolution I’ve made. So, this year the word I chose was “determination.” I am determined to be a good mom, to stay healthy and fit, to earn my Master’s Degree, and I’m determined to make the Alamance County 4-H program even better! What will your word be this year?

-Beth Davis, 4-H Agent

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Celebration Night

WHEN: Thursday, February 24, 6 pm
WHERE: St. Mark's Church (atrium)

DESCRIPTION: You are cordially invited to Celebration Night where we will be celebrating all your 4-H achievements from 2010. The celebration will be held at St. Mark's Church in their atrium, and we will feast on an ice cream buffet! During this event, we will recognize 4-Hers for all their hard work and accomplishments throughout the 2010 year.

An E-vite (electronic invitation) will be sent out in February announcing the details. Be sure to respond to the invitation so that we will have enough ice cream for everyone. Last year we ran out!

Be sure to dress nice for this event because it’s an awards night! Also during Celebration Night, we will be installing County Council officers. The 2011 officers will be

President: Rachel Spencer
Vice President: Meaghan Gerringer
Secretary: Anna Jackson
Reporter: Kari Spencer.

If you have any suggestions for a theme or for decorations, please let Beth know. A questionnaire was sent out over email asking about ideas for Celebration Night, so if you didn’t get it and want to respond, let Beth know and she’ll get it to you. Themes from the past have included “Wizard of Oz,” “A Night at the Oscars,” “4-H Through the Decades,” and “Happy Birthday 4-H.” See you there!

Teen Retreat

WHEN: March 18-19
WHERE: Sertoma 4-H Camp
HOW MUCH: $70
DEADLINE: March 10

DESCRIPTION: Teen Retreat is a fun weekend for teen 4-Hers in the North Central District. You will get to do things like meet new people, participate in workshops, dance, do a service activity, and just have a good time! This year Teen Retreat will be at Camp Sertoma, which is in Stokes County. This isn’t a camp we traditionally go to, so it will be fun staying somewhere new.

If you are looking for leadership, citizenship, or community service opportunities, this is a great way to improve those skills, and have fun at the same time! Be sure to let Beth know if you want to go.

On the day of the Nutrition Fair, you will need to have a food label to go along with your dish & table layout. Our goal is that you will learn how to read nutrition labels and how to make recipes healthier. You can make anything healthier just by making a few changes to the recipe.

More details will follow, along with the entry form. So start looking for recipes now!

Nutrition Fair

WHEN: Saturday, March 26, 9 am-12 pm
WHERE: J.R. Kernodle Senior Center
DEADLINE: March 11

DESCRIPTION: This event is perfect for those of you who love to cook, and it’s an opportunity to earn some 4-H Scholarship money! We will be making a few changes this year in an effort to make this more of a learning experience, but still keep it fun!

You will need to select one recipe that meets the criteria for a healthy recipe (must be under a pre-determined amount of calories, fat, fiber, etc.). Our FCS Agent, Jessica Oswald will be helping with this. These recipes & entry forms will be due March 11.

On the day of the Nutrition Fair, you will need to have a food label to go along with your dish & table layout. Our goal is that you will learn how to read nutrition labels and how to make recipes healthier. You can make anything healthier just by making a few changes to the recipe.

More details will follow, along with the entry form. So start looking for recipes now!
2011 Volunteer Leader’s Conference

WHEN: February 4-6
WHERE: Sheraton Imperial, RTP
HOW MUCH: $70-$145
DEADLINE: January 24
DESCRIPTION: This conference is a great way for club leaders to learn new activities, get fresh ideas for your club, meet leaders across the state, and just have a good time! You can participate in workshops and seminars that are especially designed for 4-H Volunteers to create positive learning experiences for young people. Annually, more than 350 conference participants gain skills and knowledge to help make the best better!

Pre-conference sessions will be offered on Friday, February 4. These two-hour sessions provide opportunities for more intense topic investigation for focused learning. Regular conference registration opens Friday afternoon with the evening featuring a carnival, an entertainment showcase and a service project.

Saturday features more than 40 workshop choices in 60-minute settings. Everything from preparing healthy snacks to managing behavior, from leather crafting to electric project work—there’s sure to be something for you!

The conference wraps up Sunday morning with brunch and a great speaker. It’s always a great training event!

You are responsible for registering yourself for the conference, as well as reserving a hotel room. If you are interested in attending, please let Beth know and she will get you the information you need to register. You can register for Saturday only ($70-$85), the whole weekend ($120), or the whole weekend with the pre-conference option ($145). Alamance County 4-H will pay for $50 of your registration, so be sure to let us know you’re attending so we will know to pay for you.

We will be selling apple trees and blueberry plants for sure. In addition, we will be selling other fruit trees and plants, but these haven’t been determined yet.

This information will be sent out in February and will be posted on our website. So keep your eyes peeled!

Awards Luncheon at the 2010 Volunteer Leader’s Conference

Spring Leader Meeting

WHEN: Monday, March 21, 6:30 pm
WHERE: Extension Auditorium
DESCRIPTION: This is one of two trainings we will have for 4-H Club Leaders in 2011. Please make sure your club is represented. If there are certain topics you would like to be trained on, please let Beth know so she can meet your needs as a club leader. Possible topics could include 4-H curriculum, awards & incentives, club management, ages & stages, program ideas, club finances, etc.

Dinner will be provided and if you need childcare, please let Beth know so she can arrange that.

Orange Grove Livestock Show Clinic

WHEN: Saturday, March 12, 9 am-12 pm
WHERE: Orange Grove Barn
DESCRIPTION: If you are planning on showing an animal at the Orange Grove Livestock Show in April, then put this date on your calendar. Jennifer King, Livestock Agent and Beth are working on putting together a showmanship clinic that will include a demonstration portion on showmanship as well as a portion on completing project records for the show. Stay tuned for more details! Also, if you haven’t let Beth know that you want to show, please do so ASAP!

4-H Camp

WHEN: June 26-July 1
WHERE: Millstone 4-H Camp
HOW MUCH: $100
DEADLINE: February 1
DESCRIPTION: Do you enjoy canoeing, swimming, archery, shooting sports, horseback riding, nature and making new friends? Then 4-H Camp is just the thing for you! We will be going to Millstone 4-H Camp in Ellerbe, NC the last week of June. Camp is for youth ages 8-12 years old. To reserve your spot, let us know by February 1 and a $50 deposit is due when you sign up, which holds your spot.

Since we didn’t have a Fall Plant Sale fundraiser, we will be selling fruit trees along with blueberry plants this Spring. The funds raised from this event will go toward 4-H Scholarship Money for Alamance County 4-Hers, as well as county 4-H programming efforts.

We will be selling apple trees and blueberry plants for sure. In addition, we will be selling other fruit trees and plants, but these haven’t been determined yet.

This information will be sent out in February and will be posted on our website. So keep your eyes peeled!
Pins & Needles 4-H Club

What I love about Pins & Needles, the 4-H Sewing Club, is learning how to sew, meeting new people, and being able to share what I make with others.

At the beginning of the school year, I wanted to sew but knew very little about how to sew. Angel Bost, the leader of Pins & Needles, has been teaching me and others, each with a different level of experience, how to make a 9 patch quilt with 5 inch squares. Angel Bost is very kind and patient. I have enjoyed having her as my sewing teacher because she always has encouraging words to say. Even though everyone in the group is making a quilt, all quilts are different according to each person’s personality. It is a lot of fun to get to work with fabrics of different texture and design.

After making my quilt, I will be able to use it to tell my friends about how much fun sewing really is.

Pins & Needles meets the first Monday of every month at the Extension Office from 10:30 am-12:30 pm.

-By Ivy Welborn, Age 12

Dogwood 4-H Club

Every December, the Dogwood 4-H Club adopts a Christmas Cheer participant and they throw her a Christmas party. This is an account written by one of their 4-H members, Arianna Cruthis.

“I had fun at the party. Ms. Martha Hopkins had fun too. She is our Christmas Cheer participant. Our club gave her gifts. There were cookies, candy, chili, soup, brownies and cranberry salad to eat. We also sang songs about Jesus.”

-By Arianna Cruthis, Age 7

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On November 13, Dogwood 4-H members met at Mebane Presbyterian Church and made over 25 Operation Christmas Child Shoeboxes. The Samaritan’s Purse organization sends these boxes to children overseas. Before we started, Mrs. Brandt gave us directions so that we would be organized. We put toys, toothbrushes, toothpaste, socks, candy, soap, combs, washcloths, t-shirts, pens, pencils and sharpeners, crayons, markers and other things into the boxes.

After that, we marked whether it was for a boy or girl. Before we sealed our box, we wrote a short letter telling them about ourselves, where we lived, how to contact us, and also how many siblings and pets we had. Then we put a rubber band on the box to keep it closed. We had a lot of fun that day! Later, some volunteers from Operation Christmas Child came to pick up the shoeboxes. We hope our boxes brought some Christmas cheer to children all around the world!

-By Emma Kate Bailey, Age 12

Shooting Sports 4-H Club

The Alamance County Shooting Sports 4-H Club meets once a month at Beaver Pond Sporting Club in Snow Camp. We start out by having a meeting and then the club members break up into groups. At our meeting, we learn how to handle and shoot different firearms by certified 4-H instructors.

So far, I have shot a 20 and 410 gauge shotgun. The 20 gauge shotgun had a lot of power! Some of the club parents purchased a 410 gauge shotgun for the younger members to use. I like the 410 shotgun because it is smaller and easier to handle.

I have also had the opportunity to shoot an air pistol. I prefer the air pistol over the shotgun. I can almost hit the bull’s eye on my target!

In the spring, the rifle range will be completed and we will add rifle practice for our members. I am excited and can’t wait to try shooting a rifle! We also have another certified instructor who can teach us archery. I haven’t tried that yet. Shooting firearms is a fun and exciting sport with safety as our number one priority!

-By Haylee Borden, Age 10
Snapdragons 4-H Club

The December meeting of the Snapdragons 4-H Club was held on December 9, 2010. Turnout for the meeting was overwhelming, with club members, parents and guests the room was packed. We had several special guests that included: Carol Kawula (ACC Horticulture Instructor), Paige Allmond (ACC Horticulture Student Worker), Jay Brill and Shannon Gibson (ACC Horticulture Students).

Our guests assisted club members with the construction of their Christmas wreaths, which were beautiful. The meeting consisted of President Morgan Bost calling the meeting to order, reciting the American and 4-H pledges, construction of Christmas wreaths, and eating chili provided by leaders Chad Huggins and Justin Snyder.

Our enrollment number has steadily been growing with four new members enrolling in the past two months. This has been very encouraging for the leaders. They are glad to see that there is this much interest from young people in horticulture. This is an area that touches all of our lives in some way or another so it is great to see an interest from the younger generation.

The Snapdragons meet on the 2nd Thursday of each month at 6pm. Meetings are held at Alamance Community College in the Horticulture Classroom, if anyone is interested in attending. We would love to pass along our passion for horticulture.

-By Chad Huggins, Snapdragon’s 4-H Club Leader

National 4-H Congress

National 4-H Congress has been widely reputed to be the highest and best event that a 4-Her can attend. I received the honor of being a North Carolina youth delegate to National 4-H Congress when I successfully won a contested spot in the 4-H Application/Resume/Interview/Essay program.

National Congress took place November 26-30, 2010. I was one of 13 youth from across North Carolina who flew down to Atlanta, Georgia the morning after Thanksgiving and unpacked our belongings at the Hyatt Regency Hotel in downtown Atlanta.

My participation in National Congress included fantastic workshops (such as dancing and public speaking), walking around Atlanta, dances, friendships that will last as long as my memories do. In addition, I met influential leaders like Dan Clark, author of numerous “Chicken Soup for the Soul” stories, as well as Miss America.

It is customary at National Congress to participate in a community service project. I was involved in a project at a local park that needed repairs. I helped spread mulch and was an enthusiastic team player. The week ended before I knew it and I suddenly found myself on the plane headed back to North Carolina. I would recommend this trip to anyone, no questions asked. It was nothing short of amazing.

-By Daniel Osborne, Age 15

**Daniel Osborne went to National 4-H Congress as a NC delegate, and Sarah Osborne went as part of the Design Team.**

"I would recommend this trip to anyone, no questions asked.”

- Daniel Osborne, 2010 National 4-H Congress Delegate
Spotlight on Extension

4-H is just a part of Cooperative Extension. There are many other events and activities that go on in Extension. Here are a few that you might be interested in.

- **Eat Smart, Move More, Weigh Less:** This program will empower and motivate you to live mindfully, to make healthy food choices, and be physically active. The program will start January 27 at the Extension Office and is a 14 week program. They are one hour classes offered at noon and 5:30 pm on Thursdays. The cost is $25 for the entire program (less than most monthly fees at gyms). Please call Jessica Oswald, FCS Agent at 570-6740 to register.

- **Gardening Workshops & Demonstrations:** There will be upcoming workshops on the following topics—pruning woody ornamentals, grapevine pruning and training, rose care and pruning, vegetable gardening and rain barrels. Be sure to call Chris Stecker (Horticulture Technician) or Mark Danieley (Horticulture Agent) for more information at 570-6740.

- **New Online Gardening Newsletter:** Looking for gardening information that’s just right for your space and time? Subscribe to Alamance Gardener, the monthly E-newsletter from Alamance County Cooperative Extension Horticulture Department. It’s filled with timely tips to keep your Alamance yard and garden in top shape. Email Mark Danieley at mark_danieley@ncsu.edu or call Cooperative Extension at 336-570-6740 to get your name on the list.

Upcoming 4-H Events

The entire 2011 Alamance County 4-H Calendar is posted on our website, but here are a few upcoming events to plan for:

- **April 5:** County Council
- **April 13-14:** Orange Grove Livestock Show
- **April 21:** 4-H Shines (Twin Lakes)
- **May 9-13:** Summer Fun Registration (4-Hers only)
- **May 14:** County Presentation Day (ACC)
- **May 16-20:** Summer Fun Registration (Public)
- **June 21:** District Activity Day (Randolph County)
- **June 26-July 1:** 4-H Camp at Millstone 4-H Camp
- **July 18-21:** 4-H Congress

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- **July 18-21:** 4-H Congress

International Exchange Program

Would you like to learn about people in other countries, host an Exchange student from Japan, or one of the Newly Independent States such as Russia or Ukraine, travel to Japan or just learn more about the world? NC 4-H offers you that opportunity through the 4-H International Exchange Program.

Hosting experiences include summer month-long students and year long high school students. For the Summer month long students, you can choose students from Japan, Costa Rica, Norway, and Argentina.

Year long high school students come from Japan and the Newly Independent States, such as Russia and Ukraine. If you are interested in this experience, please call Carolyn Langley, the North Carolina coordinator for the exchange program at 336-318-6000 or you can email her at Carolyn_langley@ncsu.edu.

We have had several Alamance County families to host exchange students and they’ve had wonderful experiences. Some have even visited past exchange students.

Check Out These Links:

- Alamance County Extension: [http://alamance.ces.ncsu.edu](http://alamance.ces.ncsu.edu)
- North Carolina 4-H: [www.nc4H.org](http://www.nc4H.org)
- NC 4-H Horse Program: [http://www.cals.ncsu.edu/horse-husbandry/](http://www.cals.ncsu.edu/horse-husbandry/)

The Troxler Family with their summer Japanese Exchange Student, Tomo