Summer Ice Cream Social

We hope everyone is having a great time in their 4-H Summer Fun classes! If you would like to sign up for other classes or are wondering what’s still open, please call Laurie Newlin at 570-6740.

At the conclusion of our Summer Fun program, we would like to invite all who participated to our End of the Summer Ice Cream Social. This will be held on Thursday, August 11 from 4-6 pm at Cedarock Park. We will be under Shelter #4 (same as Fishing Fun). Please call and RSVP with the number of people attending by Monday, August 8 so we will have enough ice cream. We don’t want to run out!

We will have a power point slide show of pictures from all the summer activities, so you might get to see yourself! When you come, please bring one canned food or non-perishable food item per person. We will donate these items to needy families. If you want to bring more, you are welcome to!

Message from Beth

Happy Summer everyone! I can’t believe we are already halfway through 2011! This year has really flown by. You know what they say, “time flies when you’re having fun!” If you’re like me, your calendar is full of 4-H Summer activities. Between Summer Fun, 4-H Camp, Citizenship Focus, and Congress, I have no time to be bored! And soon, I’ll be planning for Troy’s first birthday!

Take a moment to cool off and think back to January, when it was icy cold. In the January newsletter, I asked you to think of a word and focus on that word all year. My word was “determination.” I’m still determined to be a good mom, stay healthy and fit, and I’m one class away from getting my master’s degree. Are you still focusing on your word?

I hope you will all be determined to participate in many 4-H events and activities throughout the rest of the year. Be sure to check out this newsletter and see the many opportunities coming up in the next few months. As always, if you have any questions about anything, please call me or email me and ask. I will be in and out a lot due to Summer Fun, but I’ll get back to you as soon as I can. Enjoy the rest of the summer!
Livestock Show

The Central Piedmont Junior Livestock Show was held in Hillsborough at the Carolina Holstein Barn on April 13-14. There were 17 participants, which is almost double from last year! Alamance County 4-Hers showed breeding ewes, market lambs, meat goats, dairy goats, feeder steers, and beef heifers. The participants included Mason Braxton, Reannon Braxton, Mycai Brooks, Caroline Cox, Casey Cox, Kalynn Justice, Abby Lawson, Seth Mann, Chloe Noblit, Ethan Scarlett, Michaela Scarlett, Madison Sifford, Salem Sifford, Meghan Teague, Mollie Teague, Scottie Teague, and Kiara VanHook. On the second night of the show, there was an awards ceremony and BBQ dinner. Fun was had by all!

Healthy Kids Day

On April 17th, Alamance County held its annual Healthy Kid’s Day at Burlington City Park. Several 4-Hers and their families volunteered to give out 4-H goodies to the over 1,000 people in attendance. The weather was beautiful and it was a great day to hang out in the park. Special thanks to Alex Reagon, the Newlin Family and the King Family for helping out!

Teen Retreat

This year’s Teen Retreat, hosted by Stokes County on March 18-19, was an awesome experience! If you haven't been or don’t know about 4-H Teen Retreat, it's something you should definitely try! It’s a great overnight activity for 4-Hers 13 and up, organized by 4-H District officers and hosted by rotating counties in each district.

Alamance County 4-H teens traveled together to Camp Sertoma. We met with other 4-H teens from the North Central District. From the moment we arrived that evening, our schedule was chock full of activities. The District meeting was held around a campfire, complete with roasted marshmallows. We enjoyed District officer skits and then wrapped up the evening with a choice of movie, games, or attending a dance - with a curfew of MIDNIGHT!

Up early the next day, we spent all day Saturday in a variety of workshops and a service activity. For the service activity, we divided up into groups and everyone worked hard to clean up around the campgrounds. Also, there were several workshops to choose from this year including; archery, low ropes course, iron chef, “what not to wear,” songwriting, and ARIE to name a few. My personal favorite was archery. It was my first opportunity to try archery, and I loved it. Teen Retreat ended with dinner and the announcement of our new District officers that we voted for during the day.

If you’re a 4-H teen, you will have a great time at Teen Retreat. Plus, it’s a fun way to stay or get involved in 4-H at the District level. Watch for the 2012 Teen Retreat dates and make plans to come!!!

by Kari Spencer
**4-H Shines**

We had a large crowd that came to watch our talent show and fashion revue this year! Forty-nine talented Alamance County 4-Hers showcased their visual arts, performing talent, and their sewing skills in this year's 4-H Shines. We had more fashion entries than ever and the two performers chosen to perform at District Day were Daniel Osborne for his piano performance of “The Entertainer” and Emma Troxler with her performance of “Folding Chairs.” We can't wait to see what great talent is yet to come!

![Alamance County 4-Hers participating in 4-H Shines on April 21 at Twin Lakes in Burlington.](image)

**WHEP**

On the morning of **May 14th**, Alamance 4-Hers met at Goose Creek State Park to compete in the state-wide Wildlife Habitat Evaluation Program (WHEP) competition. We mingled in the Nature Center amongst ourselves, reading bulletin boards and joking nervously, waiting for the competition to start.

Then, the competition began. We were identifying animals, what they eat, which habitats would be best for them, and answering questions that required a general knowledge of wildlife. It was fun and challenging. By lunch, I was no longer nervous, but rather anxious to see how my teammates and I did.

After lunch, we went back for the final phase of the contest, actually evaluating the habitats for animals around the park. On our hike through the park, we saw a lot of animals including snakes and turtles.

Then, we were given free time while the judges calculated our scores. My mom and I went on a hike and saw even more amazing wildlife, including a giant turkey vulture. It was spectacular.

Finally, we gathered for the judges announcements. Would all our practice and our hard work pay off? We were proud to hear that Alamance County's Junior team was awarded second place! Congratulations to the Alamance County Junior team: Jacob Bost, Sarah Kenney, Elizabeth Kenney, and Courtney Eckmann. Then, the Senior team winners were announced and we came in third place. Our senior team included Morgan Bost, Anna Jackson, Nathan Troxler, and myself (Rachel Anne Spencer).

The WHEP competition was a lot of hard work and rote memorization, but overall, it was fun. I'd recommend this activity for anyone who is looking for a deeper knowledge of animals and their habitats.

by Rachel Spencer

**County Presentation Day**

County Presentation Day was **Saturday, May 14th** at Alamance Community College. Like most kids, I was very nervous about doing my first presentation. Once I started, I just kept on going without stopping until I finished it. It was sad that I wasn't able to see a lot of the older kids' presentations from my club, but it was still a lot of fun. I personally liked all the presentations by the kids in my group, the Cloverbuds. I really appreciated the judges taking time to watch our presentations and comment on them.

Some of the presentations were small, some were very long, some were simple, and others were complicated. Some of the topics in our group were choosing the perfect pet, putting together a small engine, spiders, how to make perfect pancakes, and how to create a safe password. I thought they were all very good. Presentation Day gives kids a chance to practice speaking in front of a crowd without having to worry about competition, at least for the Cloverbuds, but mostly I liked Presentation Day because you get to see your friends.

Some people will get to represent our county at the District Presentation Day. Even if I don't get to go this year, I think it would be fun doing a presentation in front of more people since they allow Cloverbuds now.

by Zoe Steenwyk

**Awards Handbook Committee**

The purpose of this committee is to put together a handbook for your use with all the details of our Alamance County 4-H events and activities. This would include details such as activity descriptions, rules and guidelines, and awards and incentives for events and activities such as Project Record Books, Nutrition Fair, 4-H Shines, Presentations, etc. If you are interested in serving on this committee, please let Beth know by **August 15th**. If you don't want to serve on this committee, but have input on what should be included in this handbook, please send that information to Beth by **August 15th** as well. This handbook will be posted on the 4-H Website for you to use as you need it.
Homeschool Embryology
We will be opening up a Homeschool Session of Embryology this fall. If your family homeschools and you would like to participate, please let me know by August 29th. This will be done on a first come, first serve basis and there will be 20 spots available. If your family participates, you will need to make sure you don’t go out of town at all while you are incubating eggs. You must be around to turn eggs three times a day, and make sure there is water in the incubator to have a proper hatch. There will be a training for the homeschool teachers that sign up from 3-4 pm on Thursday, September 8 at the Extension Office, and those teachers must attend this training. Remember, the deadline is August 29th!

County Council
Be sure to mark your calendars for Tuesday, September 6 at 6:30 for our next County Council meeting. If your club would like to provide refreshments, and lead pledges, please let us know. We will probably be doing our program on National 4-H Week. If you have any program ideas for County Council, please let us know. We want to make sure we are doing things YOU want to do or want to learn about.

Fall Leader Meeting
If you are a 4-H Leader, this meeting is for you! We only have 2 leader meetings a year, so make sure you have this one on your calendar. The date is set for Monday, September 19 at 6:30 and we will have dinner for you when you arrive. Please call by September 16 to let us know who will be coming from your club. If no leaders from your club can be in attendance, please ask another parent from your club to take your place at this meeting.

Fall Plant Sale
We will be selling plants this fall in an effort to raise funds for our 4-H program. This money goes toward the 4-H Scholarship Fund, which helps fund your individual scholarship funds when you participate in events such as project books, Nutrition Fair, 4-H Shines, presentations, etc. The Fall Plant Sale will include fig trees, apple trees, pecan trees, pear trees, blackberry vines, etc. The brochure and order form for this sale will be online in September.

National 4-H Week
Did you know that 4-H has been around for 102 years in North Carolina? A lot of people don’t even know that 4-H exists, so this is the perfect time to show those people that 4-H is around and it’s still one of the best youth organizations in the world! This year, National 4-H Week will be October 2-8. If anyone has any fun ideas for celebrating National 4-H Week, please let us know. In the past, we have done a community service project, movie night at Graham Cinema, etc. This is a time to celebrate what 4-H is and what it’s done for you, so let us know what ideas you have!

Fall Fairs
One of the great things about early fall (in my opinion) are the fairs. This year, Alamance County Fair will be in the fall. Also this fall will be the NC State Fair. Anyone can enter items in these fairs, and I would encourage you to do so.

The NC State Fair will be October 13-23 at the fairgrounds in Raleigh, and if you want to submit entries, you will need to do that in advance. They will not take entries on site. The deadline to submit entries to the NC State Fair is mid-September. The Alamance County Fair will be held this fall and you can enter items or your 4-H Club can enter a booth and win money! Details will be sent out in a weekly email.

Even if you don’t enter anything in the fairs, I would encourage you to attend. They are a lot of fun and you might get some ideas for next year! Don’t forget, if you enter something in the fair, you can add it to your project book!
**Club Updates**

**Galloping This Way 4-H Horse Club**

The 3rd weekend in May was an exciting time for our Gallop This Way 4-H Horse Club! Julie Weigand and I competed in the Wake County 4-H Horse Show on **Saturday, May 21st, and on Sunday, May 22nd**. Julie and I competed in the North Central District 4-H Horse Show in Raleigh. We brought Julie's two horses, Jelica for me and Spice for Julie. I was in eleven classes total and placed in 10 of them. At the Wake County show on Saturday, I was in four classes, and I placed in all: 9th Place in Beginning Rider Hunt Seat Showmanship, 5th Place in Beginning Rider Walk Trot Go As You Please, 4th Place in Beginning Rider Walk Trot Hunter Under Saddle, and 6th Place in Beginning Rider Walk Trot Hunt Seat Equitation on the Flat. On Sunday, I was in 7 classes and placed in 6.

Other members of our club, my little sister, Laura Anne, and Hannah and Sarah Leonard, had fun at the horse shows, too, especially when they got to hand out ribbons!

The two horse shows were very fun and exciting. They were also a good experience. I can't wait until the next show. I hope it will be as fun as these two were!

*by Mary Allison Page*

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**Fun on the Farm with the Fire 'Em Up 4-H Club**

The Fire 'Em Up 4-H Club hosted a Summer Fun Class called Fun on the Farm. Sixteen kids visited the farm. They got to milk a goat, feed and hold some chickens, pet a peacock, pet a duck, see farm friendly snakes, eat watermelon, tie dye T-shirts and have a good time.

*by Alyssa Cavalieri*
**Spotlight on Extension**

**Family & Consumer Sciences Celebrates 100 Years**

The Family & Consumer Sciences (FCS) Program of North Carolina Cooperative Extension is celebrating 100 years! 1911 marked the beginning of the FCS program. It all began with home demonstration clubs which later became home economics which evolved into family and consumer sciences. The statewide centennial celebration began on **May 25** and this included the unveiling of a family and consumer sciences history book titled *Ordinary Women, Extraordinary Service*. If you would like to view this book or purchase a copy, please contact the Extension Office. Alamance County FCS is currently planning a local centennial celebration and details of this event will be announced in the near future.

**Canning Workshops**

Learn how to safely preserve foods with water bath canning and pressure canning. During each session, participants will be guided step-by-step in the canning process. The registration fee will cover all materials and participants will go home with a product that was prepared in the class.

- **7/20/11 9am-1pm**  
  Canning Salsas  
  Fee: $10.00

- **7/22/11 1pm-4pm**  
  Canning Green Beans  
  Fee: $10.00

Registration required. Call 336-570-6740 to register.

**Canning for Kids**

On **August 18**, from **9 am-2 pm**, Alamance County Cooperative Extension will be offering a canning class geared toward children. In this class, the children will learn how to safely water bath can. They will be guided, step-by-step, through the canning process on two different products. The products will most likely be a jam/jelly and a salsa. This class is open to children ages 8 and up. The registration fee for the class is $20, which includes lunch. Each child will be able to bring home a product that he/she helped can. If you have any questions about the class, please contact FCS Agent and Registered Dietitian, Jessica Oswald, at (336) 570-6740. To register, please contact Laurie Newlin at (336) 570-6740. Registration deadline is **Friday, August 5**.

**Horticulture Classes**

Unless otherwise noted, all classes are free and are held in the Agriculture Building Auditorium. Registration required. Call 336-570-6740 for more information, or visit http://alamance.ces.ncsu.edu.

- **7/12/11 10-11:30am**  
  African Violets with award-winning hybridizer, Barbara Abplanalp

- **7/26/11 10-11:30am**  
  Fall Vegetable Gardening

- **8/16/11 10-11:30am**  
  Fall Lawn Care

- **8/25/11 10-11:30am**  
  Fall Lawn Care (repeat of 8/16)

- **9/14/11 8 am-5pm**  
  Master Gardener Plant Sale—Open to the Public

- **9/24/11 9-10:30am**  
  Basic planting demonstration