



September/October

Cloverline



Inside this issue:

4-H Congress	2
Forestry/Target	2
Hard-Cooked	2
Parli Pro	3
H2O	3/4
Model Horse	3
State Council	3
NC State Fair	5
Club Update	5
Centennial	5
Calendar	6
Nat. Science Day	6
Southern States	6

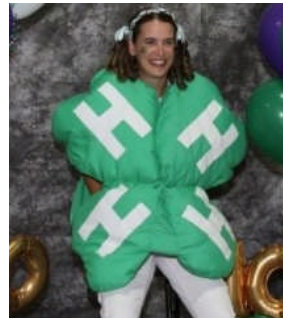
Forsyth County Represented at Congress

Forsyth County 4-H'ers had a great week at NC 4-H Congress on the campus of NC State University. During State 4-H Presentations the following youth earned medals:

- Hope Arrowood** Gold
- Nathan Barrick** Gold
- April Mendenhall** Gold
- Seth Barrick** Silver
- Laura Hutchins** Silver
- BJ Hutchins** Bronze
- Brandon Joyce** Bronze
- David Allen Pledger**
Honorable Mention

The 4-H Performing Arts Troupe performed "We Are 4-H: The Musical" as part of the 4-H Congress Centennial Celebration.

Seth Barrick was one of the sound technicians for the performance. **Hosanna Gourley, Josiah Gourley** and **Laura Hutchins** were part of the troupe members. You may purchase your own copy of the DVD for \$20 or join us on Saturday, November 7th at 4PM at the Extension Center for a special viewing and celebration. **Glenda Hutchins** served as the costumer and a chaperone for the troupe.



Mrs. Amanda Lowe, 4-H Program Assistant, served as "Christy Clover" at the Centennial Homecoming.

April Mendenhall was featured on News 14 Carolina during the Hands-to-Service event at Meals on Wheels.

Meghan Crawford won the Application, Resume & Interview Competition to earn a trip to National 4-H Congress in November in Atlanta, GA.



Special points of interest:

- ♦ We offered 22 summer programs and had ~220 participants!
- ♦ Forsyth County 4-H had 10 youth attend NC 4-H Congress in Raleigh.
- ♦ The Forsyth County 4-H Acoustic Band performed at the State Family and Consumer Sciences Meeting at Camp Caraway.

Making the best better,

April Bowman

Amanda Lowe

Donald Mebane

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.

Join us on Monday, October 5th at the Dixie Classic Fair Clocktower stage at 11AM for the **4-H Birthday Party**. We will have a 4-H Talent Exhibition, birthday cake and you can take part in the National Youth Science experiment as a part of the School Day celebration.
You Are Invited!

CONGRATULATIONS



“Thanks for the Corn”, 3rd Place
9-12 Year Old Nature’s Beauty
Brandon Phagan



“Reason to Celebrate”, Third Place
13-18 Year Old 4-H Centennial
Nathan Barrick

Zechariah Crawford
was chosen to **run with
the Pack** at the
Gardner-Webb vs. NCSU
football game sponsored
by the NC Electric
Cooperative on
September 19th in Raleigh!



Forsyth County 4-H’ers were chosen to record the 2009 **Public Service Announcements** for National 4-H Week including **Seth Barrick, Ho-sanna & Josiah Gourley, Brandon Joyce, April Mendenhall, Brian, Brynna & Leanne Phagan**. Listen to local radio stations October 4-10th and at the fair and listen to see if you correctly id the voices!

Upcoming Contests for Outdoors People

The 2009 **NC 4-H Forestry Invitational** will be held on October 3 at Schenck Memorial Forest in Raleigh from 9 am—2 pm. The registration deadline is September 25th. The contest consists of Tree Identification, Tree Measurement, Insect Identification, Disease ID, and Forest Evaluation. Youth may compete as individuals and as part of a team of 3-4 youth either ages 9-13 or 14-18. This is an annual event.

Ask us about how to get involved in these programs for next year’s competition!

The annual North Carolina 4-H **Shooting Sports Tournament** is scheduled for October 10th at Millstone 4-H Center in Ellerbee. The tournament will include competition in shotgun, small-bore rifle, archery, air pistol, air rifle, and muzzleloading. For more information visit the shooting sports page at <http://www.millstone4hcamp.org>.

Hard-Cooked Eggs

Breakfast is the most important part of the day. The American Egg Board wants to help you (safely) consume a healthy breakfast and suggests preparing hard-cooked eggs using the following recipe.

- Place eggs in a saucepan large enough to hold them in a single layer. Add cold water to cover eggs by one inch. Heat over high heat just to boiling.
- Remove from burner (don’t forget to cut the heat off). Cover pan. Let eggs stand in hot water about 15 minutes for large eggs.
- Cool completely under cold running water or in a bowl of ice water. Peel and eat, or store them unpeeled in the refrigerator for up to one week.



NC State Fair

Join us for Youth Day (wearing your 4-H t-shirt of course) at the NC State Fair on Monday, October 19th. 4-H Agent, April Bowman will meet you there!

Entries are due Sept. 25th. All items must be delivered by October 12th at 5 PM. Youth may enter crafts, photographs, 4-H Centennial decorated cakes, entomology exhibits (bug collections), etc. There are over 40 categories you can enter. The county winning the most point scores will receive \$150! April can deliver and pick up your items for you this year! We will also be putting up a 4-H

4-H Club Update

We have enough interest to start a new 4-H club in the **Pfafftown** area. If you would like to join this club and/or help get this club started, please contact April Bowman for more information at 703-2855 or at april_bowman@ncsu.edu.

The 4-H Club at **LaDeara Crest** is also being reorganized so get on board! Contact the staff at LaDeara Crest or Donald Mebane for more information.

4-H Centennial Celebrations

Join us for some **Wolfpack Football!** Tickets are only \$35 for the Duke vs. NCSU game on October 10th. Visit www.gopack.com/promo and enter promo code: FOURH to receive your discount or call 919/865-1510.



The Crusaders 4-H Club are also decorating a hay bale.

booth in the educational building. We have the opportunity to do this once every 17 years! Nathan Barrick designed the winning entry and it details a giant moving passport that tells about "All the Places You'll Go" in 4-H. Committee members include Meghan Crawford, Hosanna Gourley, Laura Hutchins, and April Mendenhall.



Communities in Schools will be starting 4-H clubs at their after-school sites.

We are also trying to start a club in the **Peace Haven** and **Lewisville** area. If you would like to help please call or e-mail us.

Join a 4-H Club Today!
4H@forsyth.cc

In July, the **Trailblazers** participated in the Walkertown parade with a float celebrating the birthday of 4-H. Seventeen 4-H'ers took part in the parade, passing out candy & 4-H literature. At their August meeting, members begin making blankets for Project Linus, to provide a special blanket for children who may be sick or have other needs.

Join us Saturday, November 7th at 4 PM for a special viewing of the **"We Are 4-H: The Musical"** and a centennial celebration with cake and centennial ice cream.



There are many more celebrations to come. Make certain that you are on our **e-mail list** to find out about these opportunities!

Calendar of Events


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

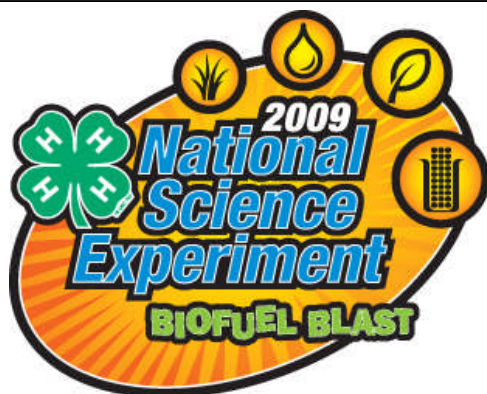
<http://forsyth.cc/CES> 4H@forsyth.cc **336-703-2850**

September 1	County Council, 4:30 (11-18 year olds)
September 3	New Club Leader Training, 6:30 Location TBA
September 14-19	Stokes County Fair, King NC
September 25	Forestry Judging Registration Due State Fair Entries Due Linda Dunn's Retirement Celebration, 2-4 PM
October 2-11	Dixie Classic Fair
October 3	Big Sweep http://www.ncbigssweep.org 4-H Forestry Invitational Contest, Raleigh
October 4-10	National 4-H Week
October 5	Youth Day at the Fair, 11 AM 4-H Talent Show
October 10	Shooting Sports Competition 4-H Celebration at NCSU Football
October 12	Exhibit Deadline for NC State Fair
October 15-25	NC State Fair
October 31	Deadline for "Keepin it Rural" video contest
October 31	Registration due for State Council Conference
November 7	We Are 4-H Performance, 4 PM, Extension Center NCD 4-H Fall Leaders Training, Louisburg, 8:30 Reg.
November 11	Parliamentary Procedure Competition, Forsyth CES
November 21-22	State Council Conference, Raleigh

Beginning October 1st, it is illegal to dispose of plastic bottles in the trash. Other banned items include aluminum cans, yard waste, wooden pallets, oil filters, motor oil, tires, white goods, antifreeze, and lead-acid batteries.

RECYCLE!





Test your science skills in the 2009 National Science Experiment — "Biofuel Blast" - where you can engage

in the important environmental issues our global community faces together and the opportunities available for a greener tomorrow.

**Monday, October 5
11 A.M.
Clocktower Stage
Dixie Classic Fair**

In conjunction with School Day and the 4-H Centennial Celebration.

**Linda Dunn,
Extension Administrative Assistant,
is retiring. Join us on Friday, Sept 25th
from 2-4 for her reception.**



Buy a 4-H paper clover at Southern States and support local youth.



Support your local 4-H program by visiting a participating Southern States Cooperative store from October 5-18.

SOUTHERN STATES
Brands you trust. People who know.

Parliamentary Procedure Contest

NEW

There will be a **parliamentary procedure contest** on Wednesday, November 11th at the Forsyth County Extension Office. Youth ages 9-18 may compete as part of a 3-10 person team. Team members will have a mock 4-H meeting, by debating a set topic and utilize several motions. Prizes will be given. This will be a great learning opportunity! Please contact the 4-H office if you or a team would like to participate.

Help the Homeless

H
2
O

We've all been approached by a **homeless person** asking for money. Here's a way that you can help them. On the back of this form is information regarding the H2O project. The Forsyth County 4-H Council is **selling the bags for \$3** each as a community service/citizenship project. This will provide them with a meal and some hygiene items. Purchase bags for yourself or encourage your local organization (Lions Club, Kiwanis, place of worship, etc.) to purchase kits.

4-H Model Horse Show

The Forsyth Saddle Club held a **Model horse show** in July. 4-H'ers and others showed model type horses in classes. Everyone was impressed with the incredible creativity that was evident from all of the entries. Many different breeds were displayed with elaborate costumes and incredibly realistic scenes.



State Council Conference

Teens ages 13—18 may attend **State Council Conference, November 21 - 22** at the North Raleigh Hilton. The cost is \$130 and this includes your hotel room and all your meals. There will be a part-time registration for Saturday only. Call or email for cost. Registration is due October 31st.

Forsyth County 4-H will offer one scholarship to the highest ranking county council officer that would like to attend. TC Blalock (former State 4-H Leader) is also offering one scholarship per district to a County 4-H Council Officer that would like to enroll in the 4-H Ambassador program (beginning at State Council Conference). Applications are due October 15, 2009 (in the office)

While at State Council Conference, youth may attend workshops on how to implement the NEW State 4-H Theme as well as take Ambassador workshops including flag etiquette, public speaking and parliamentary procedure.

HOPE H₂O OTHERS

THE BEGINNING:

Nathan Barrick, the Forsyth County 4-H Council President, wanted to create a citizenship project for 4-H and thought of the homeless. He learned about a project called H₂O and decided to utilize their resources to jumpstart the effort.

Leslie and Lauren Reavely (ages fourteen and eleven) launched HOPE 2 OTHERS, in summer 2006 to meet the needs of homeless people in their city and provide them with hope and a simple nonperishable meal.

H₂O bags cost three dollars each, to cover the cost of the contents, and are intended for drivers to have in their cars so that when they meet a homeless person, instead of giving them money, they have a constructive solution to meet some of that person's needs.



WHAT'S IN THE BAG

H₂O bags contain the following items:

- Water bottle
- Granola bar
- Tuna and crackers
- Crackers w/ Peanut Butter
- Mints
- Fruit leather
- Kleenex

WHAT YOU CAN DO:

- Besides handing out bags, donations (cash or check) can be made to Forsyth County 4-H for supplies. Or, you can donate some of the supplies needed for the H₂O bags. You can also ask your local church, synagogue (or place of worship), your school, or community group about purchasing bags for your members to hand-out.

Order your H₂O kits today. Simply return this form and your payment of \$3 per kit to:

Forsyth County 4-H, 1450 Fairchild Road, Winston-Salem, NC 27105.

____ Number of Kits X \$3 per kit = _____ Total Due to Forsyth County 4-H

Name of person you received this flier from (if 4-H member): _____

____ I would like to pick up my kits in person (call to schedule a time).

____ I would like for the 4-H member listed above to deliver them.

Call 336/703-2850 with questions.