PALS/County Council Meeting

The next PALS/County Council Meeting is Thursday, March 11, at 6:30 p.m. Dinner will be provided. This meeting is open to all parents, volunteers, club officers and at-large members. Please call 704-216-8970 by Tuesday, March 9, to register. We will be discussing upcoming events and planning for our summer and fall programs.

50% OFF May 1 Rowan County Open Horse Show - See Details

R.A.C.E. 4-H invites you and any guests you would like to bring to attend the viewing of EVERY TIME... EVERY RIDE..., bring your helmet for a fitting check, enjoy a spaghetti dinner, and receive a coupon good for 50% off entry fees for the May 1 Rowan County Open Horse sponsored by R.A.C.E. 4-H.

- Date: Thursday, March 25
- Time: 6:30 PM
- Location: Rowan County Cooperative Extension Office
- 2727 Old Concord Road
- Salisbury, NC 28146
- Cost: FREE

Please RSVP to hiphorsemom@gmail.com no later than March 19!

Coupon will not be transferrable and is good only to those who attend the viewing.

EVERY TIME... EVERY RIDE...

is an educational video on head injury prevention and is a must for all riders, instructors, horse clubs and parents of children who ride. Narrated by William Shatner, this professionally produced, approximately 20 minute, educational video demonstrates the need for SEI* protective headgear.

Most riders are unaware of the genuine risk that riding presents. Too often a rider's enjoyment of this breathtaking sport comes to an abrupt end because they lacked the information needed to convince them to wear a helmet.

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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.
Speak Up

4-H Speak Up! is a great way for you to practice your 4-H presentation or brush up on your public speaking skills. Cheryl Kane from Barton & Kane Consolidated will once again offer a great public speaking series for youth ages 7-17. The dates are: April 12, April 19, April 26, May 3, May 10 and May 17 from 6:30 p.m. until 8 p.m. The first 4 weeks will be instruction with Cheryl. The final 2 weeks, we will work on 4-H presentations, learning the basics and working on speeches and posters (poster board will be provided). If there are more than 20 participants, we will split into 2 classes. The cost for the series is $5. Please call 704-216-8970 to register.

Expressive Arts Contest & Photo Contest

Rowan County 4-H will once again be sponsoring an Expressive Arts Contest and a County Photo Contest. All entries are due by Friday, April 30, by 5 p.m. The rules, guidelines and entry forms are posted on the Rowan County 4-H Blog (http://rowancounty4-h.blogspot.com/).

Club Officer Training

March 27 – Club officer training is open to all 4-H members. Come and learn about the duties of EACH office! We will meet at the Rowan County Extension Office from 9 a.m. until 12 p.m. Call 704-216-8970 by Tuesday, March 23 to register!

NC Operation: Military Kids Visual Arts Contest

NC OMK is excited to announce the 3rd Annual NC Operation: Military Kids Visual Arts Contest. The contest is open to all North Carolina youth. Age categories are 5-8, 9-10, 11-12, 13-15 and 16-19. This year’s themes are: Celebrating Military Careers, Honoring Our Heroes and Growing Up in America. Contest rules and guidelines can be downloaded from http://rowan4-h.com. ENTRIES must be turned in by Thursday, April 15.

Equine Artistic Expression and Creative Writing Contests

The NC 4-H Artistic Expression and Creative Writing Contests entry deadlines are Friday, April 30, 2010. The categories for entries in Artistic Expression are: drawing, painting, poster, crafts, sewing and photography. For information on eligibility and general guidelines, go online at http://www.cals.ncsu.edu/an_sci/extension/horse/Webpages/NCSU_EHH_4-H_Homepage.html or contact the Extension Office (704-216-8970).
Instructors for Summer Fun Needed

We are fast approaching summer and that means 4-H Summer Fun! If you would like to teach a workshop, or know someone who would, please let me know as soon as possible. You can download a 4-H Summer Fun Class Proposal from the 4-H website or stop by the office for a copy.

Citizenship NC Focus

The 6th Annual 4-H Citizenship North Carolina Focus will be held June 14-16, 2010 in Raleigh at the Sheraton Downtown. Hands-on workshops, panel discussions, distinguished speakers, and open discussion will help you discover how government impacts your everyday life, and how you can impact government in return. You will learn about state government, learn about working with public officials, hear from prominent North Carolina officials, and visit legislators. This event is open to 4-H’ers, ages 14-19. Registration fee is $50, which includes 2 nights lodging and meals during the conference. Applications must be completed by Friday, April 23. Contact Sara at 704-216-8970 for additional information.

Hot Shots! A Weekend of REAL Fun Workshop

NC OMK and Harnett County 4-H is pleased to announce the Hot Shots! A Weekend of REAL Fun workshop for youth ages 13-18 on March 26-27, 2010 at the Harnett County Cooperative Extension Service in Lillington, NC. The weekend event will consist of a "lock-in" format held at the extension office. Youth will participate in various educational, hands-on activities/games.

The intent of the Hot Shots! A Weekend of REAL Fun Lock-In workshop is to educate and increase teens awareness to creating healthy snacks/meals, public speaking, journalism, team building, leadership and career opportunities just to name a few. The workshop design is for military and non-military youth to come together to work, to learn and to share positive and creative ideas but most importantly... to have fun! Youth will learn about the OMK program and the partnership with 4-H as well as develop life-skills, which will help them throughout their daily lives. Youth will then be able to go back to their communities to share their new skills.

Space is limited and you must register by March 19.
Dairy People’s Choice Poster Contest

Dollar for dollar, dairy is one of the most economical sources of nutrition. Show us how “Dairy Makes Cents” to you by submitting a hard or electronic copy of your 4-H poster for a chance to be the big cheese and win $100 from the Southeast Dairy Association. Your friends can get in on the action by going to www.southeastdairy.org/DairyMakesCents and voting for you as the “People’s Choice” winner between June 1 and June 30.

Submissions, including the entry form and a copy of your poster, should be sent to dairymakescents@sedairy.org or mailed to communications 21, “Dairy Makes Cents Contest,” 834 Inman Village Parkway, Suite 150, Atlanta, GA, 30307.

In early July, one winner in Alabama, North Carolina, South Carolina, Tennessee and Virginia in the age categories of 9-12, 13-15 and 16-19 will be selected based on the number of online votes, for a total of three “People’s Choice” winners per state. Winners will be notified by phone and the $100 check will be sent via mail. See Official Rules for details.

WCD 4-H Horse Bowl

After rescheduling due to winter weather, the WCD 4-H Horse Bowl was held on Friday, February 12 in Iredell County. Rowan County had a junior team compete. Members of the team were: Hannah Cargill, Erin Christner, Celine Falcone, Micah Furr and Mackenzie Kuhns. The team, coached by Ann Furr, placed 3rd in district competition and will compete at state competition Saturday, March 6 at NC A&T State University. Great job guys!

Volunteer Leaders Conference

The North Carolina Volunteer Leaders Conference was held February 5-7, 2010 at the Sheraton Imperial, Research Triangle Park. The conference provides 4-H leaders with an opportunity to participate in workshops and seminars designed to enable them to create positive learning experiences for young people across the state. Attending from Rowan County were: Ann Furr, Pam Hipp, Sharon Ingold, Connie Morris, Charles Nettles, Sarah Nettles and Beth Stebe.

To raise money to support 4-H youth programming efforts, each of the seventeen counties in the West Central District were charged with donating a basket to raffle at the conference. Rowan County 4-H donated a basket valued at $185. Area businesses that contributed to the basket were: Downtown Salisbury, Gary’s Bar-B-Q, Cheerwine, Old Stone Winery, Okey Dokey & Co. General Store, Patterson Farm Inc. and Stitching Post. The basket from Rowan County was the fifth most popular basket in the raffle. The total amount raised from the raffle to support youth programming at the state level was $1650.
Club Spotlight

What is “Club Spotlight?” This section of the newsletter is devoted to 4-H club news. Club reporters should submit club news to the 4-H office after each meeting. This information will be “spotlighted” in the 4-H newsletter each month.

Call the 4-H Office if you need more 4-H Club Reporter forms.

REMEMBER TO SEND IN YOUR CLUB REPORT

NC Kids
At our February 17 meeting, Buddy Kyles, president of the Rowan County Beekeepers Association, presented “What's the Buzz About?” He has been a beekeeper for 5 years and has gotten stung several times, but the worst was when he got stung on an artery and had to have medical treatment. We learned that bees can fly at 15 mph and if they are chasing you, run through bushes or trees because they can't dodge the leaves and branches very well. We also learned to make a pound of honey; 2 million flowers need to be tapped by the bees. The queen can lay 1500 eggs per day. If you move a queen to a new colony and the other bees do not accept her, they will kill her. Mr. Kyles did a funny “wiggle, wiggle” bee dance, sang some bee songs and brought samples of honey candy for sampling.

By: Holly Wallace

What's All the Buzz About

On Feb 17, Mr. Buddy Kyles, President of the Rowan County Beekeepers Association, made a visit to our Club. He got dressed up in his Beekeepers outfit for us. We got to sample his honey and also we had the opportunity to sample different flavors of honey. He also showed us an example of one of his Beehives (don't worry no bees were present). It was quite an experience for all of us. We plan on visiting his Bee Farm this summer.

By: Beth Stebe

Hot Shots
The Hot Shots 4-H Club met February 20 at the Rowan County Wildlife Association Range at 9:30 a.m. We shot while both sitting and standing. Some members have really improved. We also had some new members that shot really well.

At the end we had a “Top Gun” contest. We competed for the best shooter in the club. Seth Hunt won a camouflage duffle bag for having two shots in the bull’s eye. Seth was one of the new members.

Everyone had a lot of fun and we can’t wait till next time when we'll earn our Junior USA patches.

By: Carol Nettles, Club Reporter
**Achievement Night**

Volunteers and members of Rowan County 4-H celebrated “4-H Forever!” during its Achievement Night Saturday, February 27. The annual event is an opportunity to recognize accomplishments of participants. We began the evening by recognizing the youth who are involved in 4-H clubs.

Centralina Orthopedics, Craige Farmer, Randall Patterson, James River Equipment, Shive Elementary School and Southern States were recognized as “Friends of 4-H” for all their contributions to local 4-H Clubs and the County Program.

A very special award was also given out to two individuals who are truly outstanding in their 4-H work and possess the true spirit of 4-H. Miss Taylor Pence was recognized as the Female 4-H Member of the Year and Mr. Ian Nettles received the honor of Male 4-H Member of the Year.

The evening program concluded with an officer installation ceremony.

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**Calendar of Events…**

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<td>RACE Clinic – Showmanship/Halter</td>
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<td>Dairy Quizbowl &amp; Skill-a-thon</td>
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<td><strong>30</strong></td>
<td>Expressive Arts &amp; Photo Contest Entry Deadline</td>
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Sincerely,

Sara Drake  
Extension Agent  
4-H Youth Development