IN THIS ISSUE…..

♦ State Council Conference
♦ 4-H State Volunteer Leaders Conference
♦ Talent and Fashion Show 2010
♦ Randolph County Dairy updates
♦ Cumulative Record Books Due February 25
♦ Human Race Scheduled for March 27
♦ Randolph County Horse updates
♦ 4-H Honors Night 2010
♦ Wish List for Soldier Care Packages

Dear 4-H Families,

Happy 2010! I can’t believe it is here already. Last year was really special as we celebrated our centennial! This New Year will be no exception as we continue to value our special program and reach out to new and returning 4-H club members!

As the New Year begins, we will certainly miss the contributions that our longtime Family and Consumer Sciences Agent, Susan Garkalns has made over the years. Susan has retired and will be missed dearly! She will remain in Asheboro and has been heard to say “I will do some volunteer work on occasion”! We thank her for all the time and dedication she has made to the many 4-H members in our community! Thanks SUSAN!

Remember to read our 4-H blog, the address is:

http://randolphcounty4h.blogspot.com/

Sincerely,

Barbara Dunn Swanson
Extension Agent
4-H Youth Development

SUSAN demonstrating the fine art of weaving.
**Scholarship Applications and HONOR CLUB applications are due NOW!**
Don’t forget that the due date for scholarship and Honor Club applications is **January 10**.
Information about both opportunities can be found at the following address: [http://www.nc4h.org/youth/awards.html](http://www.nc4h.org/youth/awards.html)

**State Council Conference**

Four Randolph County 4-H youth attended the annual 4-H State Council Conference at the North Raleigh Hilton the weekend of November 21 and 22, 2009. The following Randolph County 4-Hers were in attendance: Ben Talbott, Heather Allred, Yoselin Perez and Josh Laton. This year’s theme was “We Are 4-H: Past, Present, and Future” and the conference focused on how 4-H has changed from its beginnings, where it is today and where it will head in the future. The workshops focused on careers and entrepreneurship as well as leadership, citizenship and team building workshops. Our county delegates completed several requirements of the 4-H Ambassador program. The mission of the North Carolina 4-H Ambassador program is to empower teen 4-H leaders with the knowledge, skills, and aspirations necessary to be effective advocates for NC 4-H Youth Development.

**4-H State Volunteer Leaders Conference**

Through the generosity of Randolph County 4-H and the United Way, five scholarships will be made available to assist 4-H club leaders in attending the state 4-H volunteer leaders conference at no cost. (Hotel accommodations are not included) This event will be held February 5-7, 2010 at the Sheraton Imperial Hotel, Research Triangle Park. You may also register to attend one day if that is more convenient. While at the conference, leaders meet other leaders from across the state and participate in workshops that they can return to Randolph County and implement with 4-H club members here! Deadline to register is January 15. It is a fantastic conference; I hope you will want to go!
Did you know Adam Frazier was a delegate to National 4-H Congress in Atlanta in November? He was an ARD Dairy award winner. Special thanks to Sig McCain for her gift to the 4-H Foundation, which makes this trip possible for an award winning youth each year. Heather Allred was also a participant at National 4-H Congress!

Talent and Fashion 2010

Randolph County 4-H Entertains and Fashion Show will be held in early April. What talent would you like to share with our 4-H families? Maybe you have a fashion item you would like to sew and model on stage as well. Get creative and practice, practice, practice! Stay tuned for more

2009 State 4-H Dairy Judging Contest Results

Junior Division
First Place Junior Individual: Cole Davis (Guilford/Randolph)
First Place Junior Team: Guilford/Randolph
Coach: Jason Wright
Cole Davis, Mickey Jo Grubb, Evan Gunter
Elmer York

Congratulations to Jason Wright for coaching this great group of 4-H members! Way To Go Team!

Dairy Events Upcoming

Here are Spring dairy youth program events to include as you plan your 4-H calendars. Additional dates for more dairy youth events will be available in early 2010:

Saturday March 20, 2010: 4-H Junior Youth Dairy Day - Iredell County Agricultural Center
Saturday April 17, 2010: State 4-H Dairy Quiz Bowl & Dairy Skillathon Contest - Iredell County Agricultural Center.

Junior 4-H Camp Are you a 4-H member 8 – 14 years of age. You are eligible to attend Junior 4-H Camp from June 13 – 18 at Betsy Jeff Penn 4-H Camp. The cost is $300, which includes all meals, lodging, activities and transportation. If you are interested call our office at 318-6000 and we will send you a camp packet. A deposit of $50 can reserve a spot for your son or daughter.
Cumulative Record Books Due February 25
Did you know that if you are 4-H member 13 years or older, and have been enrolled in a project area for at least two years, you are eligible to complete a cumulative record of your accomplishments? Each year many 4-H members from Randolph County complete Cumulative Records. The categories are as follows:


If you need assistance getting started on your cumulative book, give us a call.

Here is the form for you to download!
http://www.ces.ncsu.edu/admin/wiki/index.php/4-H_Awards_%26_Incentives#2010_4-H_Cumulative_Record_Forms

Human Race Scheduled for Saturday, March 27

Did you know that the HUMAN RACE, fundraiser to support 4-H will be held in downtown Asheboro at Bicentennial Park on March 27. This is a new location!

The Human Race Kick-off Breakfast will be held Wednesday, January 13. If you need information about how to form a human race team, join 4-H at this informational meeting held from 7:30 – 8:30 AM at the Exchange in downtown Asheboro. You can get creative ideas about how to raise money to support 4-H and your club here in Randolph County. We need as many teams as possible raising money for 4-H. In the last year alone, we gave away more than $1500 to youth to attend camp, teen retreat, 4-H Congress, Southeast Dairy Youth Retreat, and so much more.

Mock Horse Bowl Contest
Rockingham County 4-H is hosting a Mock Horse Bowl contest on January 9th at the Rockingham County Extension office. There will also be Hippology materials to practice for the Hippology Contest as well. This event is open to all 4-Hers across the state!

Horse Bowl Contest Scheduled
Randolph County 4-H members are invited to participate in the North Central District 4-H Horse Bowl Contest to be held on Saturday, February 13, 2010 at the Guilford County Cooperative Extension Center in Greensboro. If you would like information about this opportunity, please call our office at 318-6000.
4-H Honors Night 2010

Mark your calendars! Randolph County 4-H Honors Night is scheduled for Friday, February 26 at First Presbyterian Church (420 W. Walker Street in Asheboro). Dinner will be served at 6:00 pm with the awards presentation to follow at 7:00 pm. In order to have a number for our chef, please RSVP to our office by Friday, February 19 with the number from your family who will be attending dinner and the program. This is the time we honor the achievements of 4-H youth and volunteers in Randolph County, catch up with those 4-H family and friends you may have missed, and get an idea of what you might want to work on for 2010.

This year’s theme is Operation: Randolph County 4-H Salutes! In keeping with this theme we would like to invite youth and families to collect items to be donated to soldiers deployed overseas. Our very own Honor Club 4-H member Aaron McCain, grandson of Sig McCain, is currently deployed in service to our country!

Wish List of Items for Soldier Care Package

Due to Policies and Regulations, the following items CANNOT BE SHIPPED and/or ACCEPTED:
- HOME-BAKED FOOD
- GLASS BOTTLES or GLASS JARS
- AEROSOL CANS or SPRAYS
- EXPIRED FOOD
- CANNED FOOD
- LIGHTERS, MATCHES or LIGHTER FLUID
- HOTEL SAMPLES
- VHS TAPES
- CONTRABAND ITEMS (live plants, tobacco, nudity, etc.)
- HARD-COVER BOOKS & MUSIC

For security and sanitary reasons, please leave all items in their original packages. When purchasing items, please choose the latest expiration date possible.

Thank you for your cooperation and support!

(Items in purple are the MOST NEEDED & REQUESTED!)
### FOOD and SNACKS (cont.):

- **DRY SOUP:** (Ramen Noodles / Cup-O-Soup; just add water)
- **NUTS:** Peanuts, Mixed Nuts (salted preferred)
- **MICROWAVE FOOD:** (Popcorn, Chef-Boy-R-Dee, Mac’n’Cheese...)
- **COOKIES / Girl Scout Cookies:** (with chocolate; Oct. - Feb., only)
- Rice Krispie Treats (Store-bought only)
- Little Debbie® & Hostess® cake products
- Oatmeal Packs (Instant; just add water)
- Cereal (Small, individual boxes)
- Condiments, Spices; Sugar; Salad Dressing (no glass jars)
- Caffeinated gum or candy (to stay alert)

### TOILETRIES: NO HOTEL SAMPLES!

(Note: Some troops have allergies & need Brand Name toiletries, which list all ingredients. The military issues toiletries to our troops, however troops often miss their favorite brand of shampoo or soap. Our goal is to send troops reminders of home & items they miss ... not free samples.)

- **Baby wipes (travel size)**
- **Liquid Hand Sanitizer (travel size)**
- Body Wash, Liquid Soap, Facial Cleanser
- Shampoo / Conditioner (travel size)
- Hair Gel (for female troops to pull hair back)
- Combs / Brushes / Bobby Pins
- Eye Drops (i.e. Visine)
- Nasal Spray
- Deodorant (travel size)
- Shaving Cream / Shaving Soap (in boxes or tubes; NO CANS of Shaving Cream, please)
- Cotton Swabs (i.e. Q-tips)
- Band-aids, Gauze Pads, First Aid Kits
- Lip balm / Chap Stick / Carmex / Blistex
- Baby Powder & Foot Powder (travel size)
- Loufa Sponges / Buff Puffs / Washcloths
- Tissues (individual packs; travel size only)
- Sunblock, SPF 45. Zinc, Vitamin E, Aloe Vera Gel
- Bug Spray / DEET / Skin-So-Soft
- Hand & Body Lotion / Moisturizer (travel size)
- Mouthwash (travel size)
- Toothpaste & Toothbrushes & Dental Floss
- Vitamins (multi-vitamins are always needed)
- Breath Mints / Breath Strips
- Lozenges / Cough Drops

### ENTERTAINMENT and SPORTS:

- **Batteries:** (AA, AAA, C & 9 Volt are the most requested)
- **DVD Movies** (new or used - recent releases only, please!)
- **Xbox Games** (new or used)
- **PSP, PS2 & PS3 Games** (new or used)
- **Portable CD players / head phones**
- **PSP, PS2 & PS3 Games** (new or used)
- **Xbox Games** (new or used)
- **Game Books:** (Crossword Puzzles / Word-Search Books / Math Puzzle books / MAD Libs / Logic Problems / Sudoku)
- Yo-Yo’s, Dominoes, New Playing Cards, poker chips, Dice
- Board games (UNO, Othello, checkers - travel size is great, too!)
- Nerf footballs / Whiffle balls / Mitts / Sports equipment
- Frisbees / Hackey sacks
- Electronic handheld games
- 35 mm disposable cameras
- iTunes® Gift Cards
- Travel Mugs & Thermoses with Lids (for Coffee, Tea & Soup)
- Flash Drives & Thumb Drives for laptops

### OTHER:

- **Linens:** Pillow cases, twin sheets, towels (green & tan)
- **T-Shirts:** Cotton green & tan under shirts (Sizes: M, L & XL) [Note: The DOD banned "Under-Armor" shirts due to its material being potentially flammable & bad reactions to open wounds.]
- **Laundry Detergent:** Refer to www.give2thetroops.org/laundry.htm for specific details
- **Small Flashlights** (battery operated, Surefire preferred)
- **Air Fresheners** (standalone or car types preferred. Not plug-ins)