Dear 4-H Families,

The Randolph County 4-H program is in full swing with plans for many activities your family is invited to participate in. Club members are encouraged to give educational presentations during their club meetings. Each member should give one sometime during the year. Educational presentations assist youth develop their public speaking skills. We will hold a set of three workshops to help youth develop presentations that can be presented during district activity day in June. Read the newsletter for the dates and sign up to participate.

4-H Entertains has been scheduled and the 4-H Food Show is also on the calendar! If you cannot participate this year, your family is still invited to come and observe! What a great way to learn about what is expected! Our doors are always open. Stop by and visit us!

In 4-H Spirit,

Barbara Dunn Swanson
Extension Agent
4-H Youth Development
Human Race 2010

The Human Race is a community fundraising event for non-profit organizations. The race features a 5K run and walk. Randolph County 4-H will participate and raise funds to support our 4-H programs including junior 4-H camp, state 4-H congress, summer classes etc. Collect your donations from teachers, family, friends, etc., turn money into the 4-H office on or before March 24, and come out and walk on Saturday, March 27. We will meet at Bicentennial Park in downtown Asheboro at 9:30 am. Walk/run begins at 10 am. Each walker must have a signed permission form to participate in the walk. Contact Jody or Barb with any questions.

Desserts

Fundraising Help for Human Race

A soup luncheon is planned for Wednesday, March 3 at the Extension Office to support the Human Race. We need 4-H families to make desserts for the occasion. Please contact Jody for details. We would also like to invite any and everyone who is able to come out and eat lunch with us and support this fundraising event.

Homemade soup, crackers, tea/lemonade and dessert will be served for $5. A great deal for a worthy cause, 4-H!
4-H Presentations

District Activity Day is scheduled for Wednesday, June 23 in Person County. If you need help with a topic to research and present, Barb or Jody will be glad to lend a hand. **Presentation workshop help dates will be held at the Extension Office on Tuesday March 16; Tuesday March 23 and Tuesday 30 from 3:00 – 5:30 PM. Call Dawn at 318-6000 to register to attend the help sessions.** This is the opportunity to work on your public speaking skills and explore a subject of interest to you. Don’t be shy, it’s more fun than you think!

Do You have an interest in plants and soil? Do you like to discover and explore new horizons? Then come and explore with 4-H. Randolph County youth are invited to join Mary Helen Ferguson, Randolph County Horticulture agent and Barb Swanson as they work with 4-H members interested in horticulture. If you are interested in this topic, call Mary Helen at 318.6000.

**4-H Favorite Healthy Food Show 2010**

Saturday, April 3, 2010
Randolph County Center Extension Office
Asheboro, NC

Set up between 9:00 am - 9:45 am
Judges meeting @ 9:30 am
Judging begins at 9:45 am until...
Tasting to follow judging!

This event is sponsored by The Country Kids Livestock 4-H Club. See information flier and sign up sheet inside this issue!
4-H Showcase 2010

This year’s Randolph County 4-H Talent and Fashion Show is set for Friday, April 30 at 6:30 pm. The event will take place at the R. Alton Cox Learning Resource Center at Randolph Community College in Asheboro.
The deadline for registration for 4-H Entertains/Fashion Revue is Monday, April 12. Garment entry registration for Fashion Revue is to be called in by Friday, April 16 @ 318-6000. This year we are adding a mandatory “tryout” for talent in order to encourage youth to do their very best. The two dates that youth can tryout are: Tuesday, March 30 4-6 pm or Thursday, April 8 4-6 pm. You must tryout at one of these sessions to be included in the talent show. RSVP to Dawn at 318-6000. Fashion Revue items must be turned into the office by Monday, April 26 for judging. If you need ideas or resources please let Barb or Jody know. Remember to include items that you may need – ex microphone, table, etc. We will not have access to a piano this year.

INTERNATIONAL EXCHANGE HOST FAMILIES NEEDED: Are you interested in learning about different cultures? Ever wanted to travel to another country, but it was too expensive? This summer you have the opportunity to learn about another culture without ever setting foot on an airplane! NC 4-H International Exchange is hosting 20 Japanese youth and their chaperones July 23-August 19. Host families are needed! Host families provide a welcoming and loving home for one month. They provide pick up and return, all meals, supervision, and an introduction to American family life. Host families who host youth must have a child of the same gender and within 2 years of the same age. Japanese students must have their own bed, but are not required to have their own room. Chaperones may stay with any interested family. If you would like to host a youth or chaperone contact the Extension office. We can mail you an application and answer your questions. Applications can also be found online at: http://www.ces.ncsu.edu/randolph/4hprogram/exchange/2010/inbound/InboundHostFamilyApp.pdf

Application, Resume and Interview

ARI also known as Application, Resume, and Interview is a 3-step process by which 4-H members are chosen to attend National events such as National Congress, National Conference, and International Leadership Conference. 4-H members ages 14-18 (age is determined by age as of January 1 of the current year) simply fill out an application, prepare a written resume and then participate in an interview with three judges. Based upon 4-H members written accomplishments, their resume objectives and their poise in front of the judges they can be successful and win a trip to Atlanta GA, Washington D.C. or even Michigan!
Jody and I can help you prepare for the ARI process. The application and resume must be delivered to our Extension office by Monday, May 10. The interviews will take place in Raleigh, NC.
The application form and helpful hints about preparing your resume can be found at the following website: http://www.ces.ncsu.edu/depts/fourh/publications/forms/ARI/