Dear 4-H Family,

This Spring has been full of fun and activity for 4-H families, from the Human Race, to the Favorite Food Show, to the Dairy Day planned for 4-H members to Bike Safety Education in the five Asheboro City Schools. The Shooting Club had representatives attend the shooting sports certified instructor training at Millstone 4-H Camp. Plans are in place for the NC 4-H Citizenship Focus trip, State 4-H Congress, Electric Congress and Junior 4-H Camp.

Our Summer Adventures programs are being planned for Asheboro, Liberty, and Archdale. Be on the look-out for your copy in the mail in early May. Registration for summer programs will be held mid May!

Have a good summer!

Sincerely,

Barbara Dunn Swanson
Extension Agent, 4-H Youth Development
HUMAN RACE

Congratulations to those who participated in the Human Race 2010. This fundraising effort is one of Randolph County 4-H’s favorite ways to bring in money for 4-H camp scholarships and to cover travel expenses for some of our favorite 4-H adventures throughout the year. The following 4-H youth crossed the windy finish line Saturday, March 27: Heather Allred, Laura Allred, Josh Allred, Josh Laton, Ben Talbott and Kelsey Ebanks.

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/](http://www.ces.ncsu.edu/depts/fourh/publications/forms/ARI/)

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](http://www.ces.ncsu.edu/randolph/4hprogram/exchange/2010/inbound/InboundHostFamilyApp.pdf)
4-H Poster Contests

The theme for the 2010 Poultry Poster Contest is "Avian Health and Bio-Security" (9-12 years of age) Division II (11-13 years of age), and Division III (14-19 years of age) at the county and state level. Division IV (5-8 years of age) will participate on a non-competitive basis at the county level only.

1. Competition in this contest will be conducted on an individual basis in Division I (9-10 years of age) Division II (11-13 years of age), and Division III (14-19 years of age) at the county and state level. Division IV (5-8 years of age) will participate on a non-competitive basis at the county level only.
2. Posters should be a standard 22" X 28" size.
3. Posters MUST NOT contain copyright material such as cartoon characters, etc.
4. Currently there are no rules about what can or cannot be used. ex.) using photos, clip art, pencil, crayon, markers, etc. Be creative and show us how you best express yourself with factual information and proper use of the poultry theme.

Turn in posters to the Extension Office no later than 
May 18

4-H Favorite Healthy Food Show 2010 Results

The Country Kids 4-H Livestock Club sponsored this year’s event with leaders Heather and Jason Wright taking the lead!
SUMMER PLANS?

Do you have some time to volunteer for 4-H this summer? If you would be interested in working with school age youth as a summer volunteer, contact Jody Terry at the Extension office. It's a rewarding experience!

Congratulations to the 4-H volunteers who completed the North Carolina Shooting Sports Workshops at Millstone 4-H Camp in Ellerbe April 9-11. Kim Faircloth, Michael Thomas, Randy Faulkner and Blair Faulkner are now qualified to work with youth on ways to improve their skills in various disciplines. We know our shooting sports program will grow with all the extra training!

DISTRICT ACTIVITY DAY

District Activity Day is scheduled for Wednesday, June 23 in Person County. If you haven’t picked a topic to research and present, Barb or Jody will be glad to help you with some ideas. This is the opportunity to work on your public speaking skills and explore a subject of interest to you. Please call the office and speak with Barb or Jody for help questions. The deadline to register to participate is June 4.

We would like to recognize members of the S.H.A.R.E. 4-H Club for the phenomenal job they did volunteering at the first ever Randolph County Youth Summit at Providence Grove High School on March 26. An opportunity for middle and high school youth across Randolph County to participate in a day of fun workshops, motivational speakers, game play and a great concert, our 4-H home school club members taught two of the day’s workshops on teen leadership and civic engagement. Through interactive and insightful activities, the S.H.A.R.E. 4-H Club delivered the 4-H brand of quality programming. The following members of S.H.A.R.E. volunteered at the summit: Emma Cheek, Molly Reininger, Angel Simpson, Abigail Simpson, Evan Cheek, Robert Cheek, Brenton West, Bryant West and Alexis McAden.