

S P R I N G   M A R C H / A P R I L   2 0 1 3

# Up To Date: Randolph County 4-H

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## Favorite Food Show

Back by popular demand, the 4-H Favorite Food Show contest. 4-H members will select a recipe they enjoy preparing and bring their prepared food, table setting and recipe card to our office on Saturday, April 20<sup>th</sup>. Set up is between 9:00-9:30 AM and judging will begin at 9:45 AM. Judges will meet with each 4-H participant and ask questions about how your recipe was prepared. Following judging, awards will be presented and all food will be available for taste testing. Deadline to register is Friday, April 12.

The registration form is included in this newsletter. If you have questions don't hesitate to call Barb at 318.6000.

### Dear 4-H Families,

Thank you for joining us for the Honors Night Celebration. Getting together to recognize all of your accomplishments and spending time in fellowship is an important way to honor our Randolph County 4-H program.

Thanks to Gail Allred, for gathering several 4-H club members to represent Randolph County 4-H as the New Governor, Pat McCrory traveled to Asheboro, to sign his first piece of legislation, authored by Senator Jerry Tillman.

We are gearing up for District Activity Day this month along with youth who are participating in the Human Race. In April we will have our Favorite Food Show, so be sure to sign up for that event.

Club Presidents, I challenge you to read the 4-H newsletter at your next 4-H club meeting.

In 4-H Spirit,  
Barbara Dunn Swanson  
Extension Agent, 4-H Youth Development

## Save the Date!

### 4-H Food Show Saturday, April 20

Back by popular demand our 4-H Favorite Food Show. See inside for details.

### AIRE Deadline Friday, May 10

Application, Resume, Interview and Essay Contest. Details inside!

### 4-H Horse Show May 18-19, 2013

North Central District 4-H Horse Show, Horse Complex, Raleigh



# Fun 4-H Facts!



4-H members are 65% more likely than non 4-H members to have held conversations with an adult other than a parent that lasted 10 minutes or more within the past month. This enables youth to develop lifelong friendships and long-term relationships with caring adults.

4-H members are 50% less likely than non 4-H members to smoke cigarettes, shoplift, or use illegal drugs. Youth will show a greater maturity in self-discipline and responsibility.

4-H members are 24% more likely to get involved in projects that "help others" than are non 4-H members. This is a great beginning to connect to communities and learn to give back to others over a lifetime.

4-H members are 20% more likely to hold a leadership position in their school or community than non 4-H members. Sharing their time and talents will help them to learn to better understand themselves.

40% of 4-H alumni have completed a university degree, compared to 28% nationwide. This can be the difference of anywhere from \$450,000 to \$2.5 million.







## State 4-H Congress June 24 – 25, 2014

Are you a 4-H member 13 years of age or older? You are eligible to attend State 4-H Congress. This event is held annually on the campus of North Carolina State University. While at 4-H Congress, members will participate in leadership and citizenship activities, complete a community service project and will elect state 4-H officers. Barb Swanson will chaperone the group. Cost for this event is \$240 per person. The United Way

fund will give each 4-H member a \$90 dollar scholarship. Remaining cost is just \$150. If you need further scholarship assistance please let us know. Did you know, any funds you raise through the Human Race fundraiser could go toward funding your trip to 4-H Congress? Call us and we can discuss the details.

## SHAMROCK COOKIES

Enjoy a little luck of the Irish with these yummy and simple Shamrock Cookies.

**Yield:** 32 cookies

**Prep** 25 mins. **Chill** 2 hrs.

**Bake** 350 °

### Ingredients:

$\frac{3}{4}$  cup butter (1-1/2 sticks)  
 2/3 cup sugar  
 $\frac{1}{4}$  tsp. salt  
 1 egg  
 $\frac{1}{4}$  tsp. peppermint extract or vanilla.  
 Few drops of green food coloring  
 2 cups all-purpose flour  
 Green colored sugar

**1.** In a large mixer bowl beat butter with an electric mixer on medium speed until softened (about 30 seconds). Add sugar and salt and beat until fluffy. **2.** Add the egg, peppermint extract or vanilla, and a few drops of green food coloring. Beat mixture well. **3.** With mixer on low speed gradually add flour to butter mixture and beat well. **4.** Divide dough into 3 equal parts. Shape each part into a roll about 1 inch thick and about 8 inches long. Roll each in green colored sugar. Wrap rolls in plastic wrap. Chill in refrigerator for at least 2 hours or up to 1 week. **5.** Unwrap rolls. Slice crosswise so the slices are 1/4 inch thick. To shape each shamrock, place 3 slices of dough with sides touching in a shamrock shape on an ungreased cookie sheet. Cut a stem from a fourth slice and attach to the shamrock (save the rest of this slice for cutting other shamrock stems). Gently push the slices together so each leaflet curves in slightly. **6.** Bake in a 350 degree F oven about 8 minutes or until edges are light brown. With a pancake turner lift the cookies onto a cooling rack to cool. Makes 32 cookies.

Store the baked cookies in a tightly covered container at room temperature up to 3 days. Or, store the baked cookies in a freezer container in the freezer up to 2 weeks.



## Randolph County 4-H Highlights

### 4-H Represents At Governor Signing

New Governor Pat McCrory traveled to Asheboro to sign his first piece of legislation, authored by Senator Jerry Tillman. This picture features the Governor and Rachel and Shenandoah Osborne with longtime 4-H club volunteer Amy Ward in the background (l).



### 2013 Honors Night

Congratulations to Mickey Jo Grubb for receiving the Kristina Jarrell Award at the 2013 Honors Night Celebration. Featured is Josh Allred presenting the award to Mickey Jo.

### 2013 Honors Night

Our special night was filled with awards and accomplishments by many deserving individuals! Feature at left are just a few of our outstanding recipients: (l-r) Angela Chapman, Sig McCain, Sigmund Platt and Mickey Jo Grubb.



### Youth Summit

4-H S.H.A.R.E. Club members who were work shop instructors at the Randolph County Youth Summit.



# Great Job!!

Congratulations to the following youth for turning in 4-H Record Books for the 2012 4-H Year: Will Goodwin, Preston Long, Grayson Roberts, Shenandoah Osborne, Zoe Roberts, Garrett Allred, Riley Goodwin, Hayden Thomas, Kaley Allred, Jesse Osborne, Avery Goodwin, Mackenzie Koenig, Rachel Osborne, Kaeli Chapman, Evan Gunter, Joshua Allred and Laura Allred.

4-H Cumulative Record Books were turned in by Rachel Osborne of the Country Kids 4-H Livestock Club and Joshua and Laura Allred of the Happy Heifers 4-H Club.



## Application, Resume, Interview and Essay Contest

This is a contest open to any youth 11 – 18 years of age. Youth 11 – 13 take part in the non-competitive portion of the program, while youth 14 and older take part in the competitive program earning trips to National 4-H Congress and National 4-H Conference.

The link for additional information and for preparing your work is:

<http://www.nc4-h.org/youth/ari>

All work is due to the Extension office by Friday, May 10<sup>th</sup>.

Barb or Jody can assist you as you prepare for this contest so give us a call at 318.6000.

## 4-H District Activity Day Participants!

Congratulations to the following youth who will represent 4-H at District Activity Day in Greensboro on March 23: Rachel Osborne (Vitamin Use with Dairy Animals); Curtis Osborne (Geocaching); Shenandoah Osborne (Geocaching); Jesse Osborne (Insect Collections); Hayden Thomas (Chicken Barbecue); Bryant West (Piano solo for 4-H Entertains); Mackenzie Koenig (Guitar and vocal performances for 4-H Entertains); Riley Schofield (Berry Banana Smoothie); and Hayden Gantt (Egg Cookery).

We know you will do a great job representing your club and Randolph County 4-H.

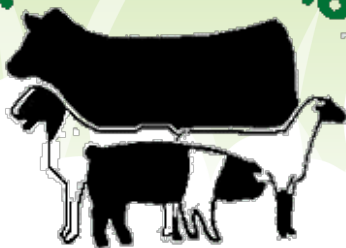
UP TO DATE: RANDOLPH COUNTY 4-H

SPRING MARCH/APRIL

## The Randolph/Chatham Livestock Show 2013

Calling all livestock enthusiasts: The Randolph/Chatham Livestock Show 2013 is in the works, featuring Beef, Goat, Swine and Sheep. Location and date for the show is still up for discussion. Please contact Randolph County Livestock Agent Jonathan Black (336.318.6000) with your input. We hope to make this inaugural year a great one!!!

4-H Youth Livestock



## Randolph Equine Management Series

This seven week educational series will begin Tuesday, April 16 from 6 – 8 PM. This series is open to anyone 12 years of age and older. Registration is \$35 and will include dinner.

For additional information contact either Barbara Linder or Jonathan Black by calling 336.318.6000.

