



CLOVER EXPRESS

Winter 2013

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Did you know that because you and your family have chosen to participate in 4-H your 4-H'er will develop skills to make career and life choices; connect to communities and learn to give back to others; mature in self-discipline and responsibility; learn to better understand themselves; become independent thinkers; and develop lifelong friendships and long-term relationships with caring adults? All of these great life lessons packaged into one 4-H'er spells success do you not agree!

Your 4-H program is proud to have each and every one of you involved in the many 4-H opportunities we have to offer and look forward to the successes that will be produced throughout the 4-H program year of 2013. Oh! There are 4-H Places to Go, so do not hesitate to design your 4-H path. Check our 4-H website <http://edgecombe.ces.ncsu.edu/categories/4-h-youth-development/> to discover 4-H, see Facebook to keep updated and email or call us with questions. We are ready to help you with your 4-H path. So, check out the 4-H places to go and 4-H things to do and let's get on with creating well-rounded, responsible youth and families.

Oh! The 4-H Places To Go.....

4-H Presentation Preparation	Feb 11- March 21	Make Appt.	4-H Office/Arena
4-H Cummulatives Preparation	February	Make Appt.	4-H Office
District Horse Bowl	Feb. 16 th	8:00 a.m.	Edge. Comm. College
4-H Shooting Sports	Feb. 21	6:30 p.m.	Arena
4-H Rabbit Show (Host Nash Co.)	Feb. 23	8:30 a.m.	Tractor Supply, RM
NCSU Livestock School	March 2-3	9:00 a.m.	Arena
State Hippology & Horse Bowl	March 2		Greensboro
4-H Leaders Survival	March 5 th	6:30 p.m.	Arena
NED Teen Retreat	March 8-10		Greenville
Livestock Arena Clean Up	March 16	8:00 a.m.	Arena
NED District Activity Day	March 23	8:00 a.m. (Departure)	Elizabeth City
4-H Livestock Show & Sale	April 2-3	8:00 a.m.	Arena
Livestock Arena Clean Up	April 7 th	3:00 p.m.	Arena
"4-H Project Help"	April 9 th	3:00 p.m.	4-H Office
NC 4-H State Horse Judging	April 13		Laurinburg, NC
NED 4-H Horsemanship School	April 13-14		Williamston, NC
4-H Livestock Projects Due	April 15 th	5:00 p.m.	4-H Office
NED Horse Show	May 4-5		Williamston
4-H State Presentation Prep.	May 22-June 21	Make Appt.	4-H Office/Arena
4-H Horse Camp	June 16-22		Millstone, Ellerbe, NC
4-H Presentation Lock-In	June 11 - 12	7:30 p.m.-9 a.m.	Arena
4-H State Presentation	June 22	8:00 a.m.	Raleigh
4-H Congress	June 22-25		Raleigh
4-H Horse Show	July 10-14	8:00 a.m.	Raleigh
4-H Science Camp	July 10 th -12 th	TBD	Wesleyan College
Electric Congress	July 22-24		UNC Charlotte
4-H Camp	July 28 th -Aug.2 nd	TBD	Eastern Center, Columbia

Contact Us



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Educational Corner

“Heart Facts”

The human heart is about the size of a fist.

When you're exercising, it takes your blood about ten seconds to get from your heart to your big toe and back.

A kid's heart has to push blood through about 60,000 miles of blood vessels—that's long enough to circle the Earth two and a half times!

February is American Heart Month!

“Winter Bug Tips” provide a healthier winter!

Eat Well-for your best shot at staying healthy this winter, make sure you get at least three servings of vegetables each day, and two servings of fresh fruit. In addition, opt for whole grains when you can, and make sure you're taking in at least two servings of milk or yogurt each day.

Wash Your Hands- to be sure you're really washing away the potential viruses and bacteria you've come in contact with, use hot water and really scrub your hands for at least 60 seconds.

Get Plenty of Sleep-to make sure your body is fully capable of fighting off illnesses this winter, create a consistent bedtime routine. This should include going to bed at the same time each night so that your body learns to anticipate sleep.

Get a Flu Shot-at the local pharmacy. Or, see your regular doctor, you might consider getting the flu mist, which is a vaccine inhaled through the nasal passages.

“Spicing up Dinner” is great family Fun - spice up your routine with these fun, quick ideas:

Indoor picnic-spread out a blanket on the living-room floor, pack a basket, and "rough it" at your make-believe campsite.

Fabulous fridge burritos-is your refrigerator full of leftovers? Put them all out on the table, give everyone a tortilla, and let them wrap up their own creations.

Breakfast at bedtime-flip your day around, and have pancakes, eggs, and orange juice for dinner.

Movie night-use your kids' favorite flick for inspiration--make *Lady and the Tramp* spaghetti or *Finding Nemo* fish sticks.

Surprise supper-play a game, whoever gets the bay leaf in the pasta sauce doesn't have to help clear the table, or the person who gets the hamburger with a pickle on it gets an extra dessert.

“Recycling” is Important Stuff

- ◆ The average person generates over 4 pounds of trash every day.
- ◆ In 2009, Americans produced enough trash to circle the Earth 24 times.
- ◆ Recycling one aluminum can saves enough energy to listen to a full album on your iPod.
- ◆ Recycling 100 cans could light your bedroom for two whole weeks.
- ◆ Americans throw away 25,000,000 plastic bottles every hour.



Boating Education

Courses: On or after May 1,

2010 any person under the age of 26 must complete a NASBLA approved boating education course before operating any vessel propelled by a motor of 10 HP or greater. **Register ONLINE at:** <http://www.ncwildlife.org/Boating/LearnResources/BoatingEducationCourses.aspx>

Where: Eastern Carolina Ag & Education Center
1175 Kingsboro Rd, Rocky Mount, NC 27801

When: May 13 & 14 (6pm to 9pm)
June 24 & 25 (6pm to 9pm)
July 22 & 23 (6pm to 9pm)



Hunter Education Courses:

The Hunter Education Program of the N.C. Wildlife Resources Commission provides free hunter education courses throughout the year in every county. More than a firearm safety course, instruction includes ethics and responsibility, conservation and wildlife management, wildlife identification, survival and first aid, specialty hunting and tree stand safety.

Register ONLINE at: <http://www.ncwildlife.org/Hunting/LearnResources/HunterEducation.aspx>

Where: Eastern Carolina Ag & Education Center
1175 Kingsboro Rd, Rocky Mount, NC 27801

When: August 19,20,21 (6pm - 9:30pm)
Sept. 23,24, 25 (6pm - 9:30pm)
Oct. 21,22,23 (6pm - 9:30pm)
Nov. 18,19, 20 (6pm - 9:30pm)
Dec. 2,3,4 (6pm - 9:30pm)

Oh! The 4-H Things To Do...

It's Electric



The Edgecombe County It's Electric 4-H club held their first meeting in January. The youth learned about the history of electricity and what the club will entitle. During this meeting the youth made flashlights and looked at static electricity. They also learned that certain foods we eat cause a lightning show in your mouth. The club will be learning soldering and all about circuits. We will be looking into robotics and rockets. The club will close out its club year by holding a model rocket competition. They will design and build their own model rockets and then they will compete to see which rocket soars the highest. There is plenty of room for you so if this club sounds interesting to you please contact the 4-H office to sign up. Here are the meeting dates:

Thursday, February 14 at 4:00pm at Extension office FCS Lab
Thursday, March 14 at 4:00pm at Extension office FCS Lab
Thursday, April 25 at 4:00pm at Extension office FCS Lab
Thursday, May 9th at 4:00pm at Extension office FCS Lab



The Cooking Clovers

The Cooking Clovers held their first meeting in January. If you like to cook then this is the club for you. We had 15 youth to join us in January

for the first meeting of The Cooking Clovers. At the first meeting we named the club, elected officers, talked about the requirements of being in the club, and most importantly we cooked. The youth began learning their way around the kitchen and their first recipe was Tater Tot Taco Casserole. It was a hit! This club will meet twice a month on Thursday afternoons from 4-5:30pm at the extension office in the FCS Lab. This club is very active and the youth will be having some fundraisers to help raise money to support all of our kitchen activities. The club has decided to end their club year this fall by hosting a Food Show and share with all of our 4-H families what they have learned so far. So, if you love to cook or want to learn more about cooking please contact the 4-H office to sign up for this club. Here are the dates for Cooking Clovers:

Thursday, March 7 at 4:00pm at Extension office FCS Lab
Thursday, March 21 at 4:00pm at Extension office FCS Lab
Thursday, April 4 at 4:00pm at Extension office FCS Lab
Thursday, April 18 at 4:00pm at Extension office FCS Lab
Thursday, May 2 at 4:00pm at Extension office FCS Lab
Thursday, May 16 at 4:00pm at Extension office FCS Lab

4-H - A Ticket to Success

The 2013 summer fun theme this year is "4-H A Ticket to Success." So pack your bags and make sure you get your 4-H ticket as we will be traveling this summer to success. The 2013 summer fun brochure will be posted online this year in March so you can make sure you have the tickets you need to travel. We will hold early class registration in April and host a summer fun kickoff party in May. This is one trip you will not want to miss so grab your bags and don't forget to pack your toothbrush, bathing suit and hiking shoes! Oh and you might want to pack a raft and a paddle.

4-H Presentations

It is not too late to become an "Expert" speaker...acquire new skills or improve upon the ones that you already possess. Check out the website for presentation categories and competition regulations. Call the 4-H office today to begin making preparations for District participation....do not wait too long to call....we will need to register you by March 1st. Look forward to hearing from you!

4-H Camp

It is now time to register for 4-H Camp. We will be camping at the Eastern Center in Columbia this year, July 28th thru August 2nd...and the best news ever it is "Air Conditioned". There is limited space so you will need to get signed up to reserve your spot. Campers will enjoy learning cooperative games to improve team-building skills as well as enjoy swimming, boating, crafts, learn about nature, explore outdoor living, and discover the fun of the new ropes course. Opportunities to camp out, play disc golf, enjoy lots of fun and learning mix seamlessly.

Comfortable, climate-controlled bunkhouses provide all the amenities at this state-of-the-art facility. And forget what you know about camp food! Our waterfront dining hall serves up meals to rival mom's best.

NC State Fair Youth Market Turkey Show

It is that time of the year again to think about registering for the Youth Market Turkey Show! Please share this information with any NC youth who would be interested in participating in the Turkey Show at the NC State Fair in October. Registration will open on March 1, 2013 at 3:00pm. Register online: <http://poultry4hyouth.ces.ncsu.edu/site-poultry4hyouth-2-3/> Registration closes very soon after it opens, so be ready!

Upcoming Livestock Judging Dates:

- Tri-Livestock Judging competition in Sampson County on **March 9th**, register with 4-H office by 2/25/12
- Pitt County Livestock Judging and Skillation Contest, **March 30th** register with 4-H office by March 22nd!

Upcoming Jackpot Show Dates:

- Tarheel Jackpot Goat Show at the Pitt Co. Fairgrounds March 16th to register go to: <http://www.bganc.org/events.html>
- 1st Annual East Coast Extravaganza Goat, Pig & Sheep Jackpot Show, Elizabeth City, NC go to <http://www.bganc.org/events.html> to register.

See page 4 for our 4-H Livestock Show and Sale Schedule.
4-H'ers its not to late to start working on your project books, and check to be sure you are fulfilling your livestock contract! A copy can be found here: <http://go.ncsu.edu/edge.contract>

In The 4-H News....

Congratulations to our 4-H Hoofbeats club members that competed this past weekend and did an outstanding job! The North-east District Horse Bowl was held at the Edgecombe Community College in the Barnes Building on Saturday, February 16th. The results were:

Mixed Team 2nd place: Coach Chris Fulford, Team members: Katie Bass - 3rd High Individual, Logan Lunsford, Brooke Owens, Amanda Minner and Whitley Wilson.

Junior Team A 2nd place: Coach Jessica Hlebak, Team members: Abby Brown - 2nd High Individual, Katie Brown - 6th High Individual, Barrett Eidson - 2nd High Individual, Kelly Lewis and Anna Grace Lunsford.

Junior Team B 5th place: Coach Jessica Hlebak, Team members: Lorna Eidson, Emily Hill, Amber Joyner - 4th High Individual, Gracie Rouse and Ann Margaret Taylor - 10th High Individual.

4th Annual Billy Nance Family 4-H Meat Goat Leadership Institute

1st year attendees: Evan Hill and David Parisher, 2nd year attendees: Allison Lancaster and Michael Parisher

2012 NC Cattlemen's Beef Performance Index Winners

1st Place: Corbin Griffin
2nd Place: William Wollett



Eastern Carolina 4-H Livestock Show & Sale April 2-3, 2013



Schedule of Events:

Tuesday, April 2nd

7:00-11:00am	Weighing in of Cattle, Hogs, Lambs & Meat Goats
11:30am-12:30pm	Registration for Livestock Judging Contest
12:45-4:30pm	Livestock Judging Contest
12:30-2:00pm	Cloverbud Goat Weigh-in
2:30-4:00pm	Cloverbud Goat Show
3:30-5:00pm	County Skillathon Challenge
4:00-5:00pm	Cloverbud Photo Opportunity (optional)
5:00-7:00pm	Meat Goat Show
7:30pm	NEW! 4-H Special Show

Wednesday, April 3rd

8:00-9:30am	Market Hog Show
10:00-11:30am	Market Steer Show
12:30-2:30pm	Market Lamb Show
3:30pm	County Photos
4:30pm	VIP Invitational (Doors Open for Buyers ONLY)
5:00pm	Pig Pickin' for Family/Members
5:45pm	Participant Line-up
6:00pm	Awards Ceremony
6:30pm	SALE!!!

