FIT AND FUN
4-H Food Show

Come show off your cooking talents at the FIT AND FUN 4-H Food Show. You will be able to participate in workshops and activities related to healthy lifestyles and show off the food that you have prepared. The food show is open to all 4-hers (ages 5-19). It will be held on February 23, 2008, 9:00 a.m. - 12:00 in Wilkes County. The deadline for Entries is February 15, 2008. Watch the Alleghany 4-H blog or call the Extension Office for more information.

Teen Retreat

The NW/SW District Teen Retreat will be held on March 15-16th at the Betsy-Jeff Penn 4-H Center. The cost for this fun-filled event is $45. Scholarships might be available to help with the cost. The workshops that will be held on Saturday and Sunday will focus on the expressive arts theme and they hope to have some Ambassador classes too. Other activities planned include a bonfire, fireworks and a dance. If you are interested in attending, you must register by 5:00pm on Tuesday, February 12th.
WINTERFEST
RESCHEDULE

Unfortunately, Wintertfest was cancelled due to snowy weather. We are working to get this rescheduled, so if you didn’t get registered, there is still time for you to attend this great event. Join the fun and learn more about Expressive Arts.
This is open to teens ages 13-19. Watch the Alleghany 4-H blog or contact the Extension Office for more information.

DISTRICT OFFICER INFORMATION

Have you ever thought you would like to run for an office? Then District Officer may be the position for you.
You must be at least 14 years old, be an active member in 4-H and have been in 4-H for more than 2 years. This is an exciting opportunity. If you want to run, Intent to Run forms must be postmarked by March 1, 2008.

District Officers will be elected during 4-H Congress. The rotation for even years is President - Boy, Vice-President - Girl, Secretary-Treasurer - girl, Reporter - Boy. If you are interested please contact the Extension Office for more information or for registration forms.

NC WHEP 2008

It is time to begin registering teams for the North Carolina Wildlife Habitat Evaluation Program (WHEP). The state contest will be held on Saturday, April 19, from 10am to 5pm at Carolina Beach State Park in New Hanover county. The first place senior team will have the opportunity to represent North Carolina at the National WHEP Invitational in July.

Counties are able to bring more than one Junior and Senior team consisting of three to four members, as well as any individual competitors. Neighboring counties (no more than two) may combine 4-Hers to create a team. This year’s contest will consist of wildlife identification, on-site habitat recommendations, habitat evaluation using aerial photos, and identification of wildlife foods.

Please return the completed form by April 4, 2008. If you need more information or are interested in participating, contact the Extension Office or check out the Alleghany 4-H Blog at http://alleghany4h.blogspot.com/.
2008 4-H SUMMER CAMP

Even as snow is falling outside, it's time to start thinking about camp. Details can be found below so be thinking about it and let me know if you are interested in attending.

WHAT: 4-H Camp
WHERE: Millstone 4-H Center (Ellerbe, NC)
WHEN: June 30-July 4 (Sunday -Friday)
WHO: Youth ages 8-12 (13-14 yr olds can be jr. leaders; 15-17 yr olds can be LIT)
DEADLINE: We need to know if you plan to go to camp by March 3 to reserve you a permanent spot; we will also need a $50 deposit
COST: $275 but scholarships will be available...this includes a tee shirt, transportation and camp fee. Contact us for more information about scholarships.

There are also other specialty camps you can attend such as horse camp, target shooting sports camp, white water adventures, etc. Check those out at this link: http://www.nc4h.org/centers/marketing/specialty_flyer.pdf

Storytelling Festival of Carolina

The Storytelling Festival of Carolina is seeking young storytellers to participate in its second annual festival to be held in Laurinburg, NC on April 26-27, 2008. Up to eight student tellers from North and South Carolina will be selected by a panel of judges to perform at the festival. Youth tellers will share the stage with some of the most highly acclaimed professional tellers in the country as well as talented regional and local tellers. Tellers must be 17 years old or younger at the time of the festival and be able to attend the festival on April 26-27, 2008. To find out how to audition or to get more information, visit the Alleghany 4-H Blog or under Youthful Voices on the festival website http://www.sfoc.info

4-H BEEKEEPING ESSAY CONTEST

Topic: "The Results of Honey Bee Pollination in My Community"

The results of honey bee pollination are many and varied. You are encouraged to become familiar with these pollination activities and then survey your communities to see what examples you can find.

Contest is open to all active 4-Hers. Essay needs to be between 750 to 1000 words. For more information contact the Extension Office. Entries must be submitted by February 14th. There are state and national awards. Please go to the Alleghany 4-H Blog to get the links for the official rules, entry form and also some helpful hints.
**NC Blueberry Festival Announces $20,000 in Scholarships**

The 2008 NC Blueberry Festival will award a minimum of $20,000 in scholarships with one $4,000, two $3,000, three $2,000, and at least four $1,000 awards to North Carolina students.

All North Carolina high school seniors with the initiative to write a short blueberry essay are eligible for these awards. Deadline for application is **March 15, 2008**. More information and specifics can be found at [www.ncblueberryfestival.com](http://www.ncblueberryfestival.com).

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**BE A HOST FAMILY**

High School student selection is currently occurring at the National level for year-long students from Japan, Korea, and the Newly Independent States. If you know of a family who would like to be a year-long host now is the time for them to express their family interest so a good host family match could be made.

If you would like more information about this wonderful opportunity, please visit the NC 4-H International Exchange website at [www.nc4h.org/labob](http://www.nc4h.org/labob) or contact Carolyn Langley by email: carolyn_langley@ncsu.edu or call 336-318-6000.

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**OPERATION MILITARY KIDS PHOTO & ARTS**

The North Carolina 4-H Operation: Military Kids Program has announced the first OMK Photography and Arts Contest. The contest is opened to youth ages 5-18. The age categories are 5-8, 9-10, 11-12, 13-15, 16-18 years old. The contest is designed to introduce youth to photography and the arts as a part of the 4-H Expressive Arts Curriculum. Youth will utilize their photography skills and their artistry, but most importantly, what freedom, patriotism and support for our troops means to them. All photographs and artwork will be displayed during the week of 2008 North Carolina 4-H Congress, other events and appropriate venues.

All photographs must be taken between January 1, 2008 and the time of entry. All entries must be postmarked prior to April 30, 2008. For more information and the regulations and entry form, visit the Alleghany 4-H Blog at [http://alleghany4h.blogspot.com](http://alleghany4h.blogspot.com) or contact the Extension Office at 336-372-5597.
The Helping Hands 4-H Club

Helping Hands 4-H Club met on January 9, 2008. There were approximately 40 people present. During our business meeting we approved our 2008 calendar, met Ms. Pardue, & discussed our upcoming service projects. Following our business meeting we had a program on animal habitats. We played a game to show us the meaning of a habitat & how it can be affected by animal population & other factors. Then we had a mock WHEP Contest. We had a great time identifying wildlife species & looking for ways to attract wildlife to a habitat. We also tie-dyed t-shirts. Following our meeting we had a special project record workshop to put the finishing touches on our project records. For our January service project our Club met at Sunbridge Nursing Home on January 14th & did pet therapy. We enjoyed visiting the residents & showing off some of our critters including a cat, rabbits, dogs, & a pig. Our next meeting will be held on February 6th. Following the meeting we will be going bowling.

The Horse Whisperers 4-H Club

The 4-H Horse Whisperers met on January 23, 2008. There was approximately 15 people present. During the business meeting officers were chosen. There was also discussion on the upcoming horse show and types of ribbons to be awarded. Camp was also discussed. After the business meeting Mrs. Adams asked questions similar to those that would be asked at the upcoming District Horse Bowl which will be on February 16, 2008.

Reminder......

If you have club reports or announcements you would like to have included in the 4-H Clover News, please get that to me by the 28th of each month. You can bring it by the Extension Office or you can send it via e-mail. My e-mail is amy.pardue@ncsu.edu.
Sincerely,

Amy Pardue
Extension Agent
4-H Youth Development

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