

Cabarrus County 4-H Newsletter November 2004

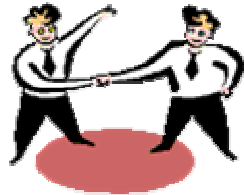
NC Cooperative Extension
Cabarrus County Center
715 Cabarrus Avenue-West
Concord, NC 28027
<http://www.ces.ncsu.edu/cabarrus>



Dates to Remember

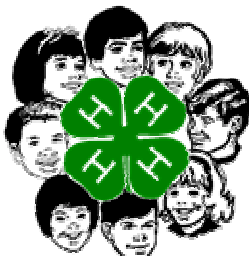
Make It Yourself With Wool Competition	November 13
State 4-H Conference	November 13-14
Volunteer Leader Appreciation Banquet	November 16
4-H Project Record Workshop	December 16
4-H Club Officers' Retreat	January 18

4-H Mis



In the 4-H Limelight

Do you know someone in the 4-H family who deserves the ultimate recognition? Well here it is! "In the 4-H Lime Light" will highlight the accomplishments of that special 4-H'er, volunteer, parent, or donor who deserves the best. Nominations forms have been mailed to Club leaders and are also available on the County 4-H Website-cabarruscounty4H.com. A different honoree will be chosen each month, so keep on the look out for 4-H excellence!



2005 County Council Officers Elected

At the County Council meeting on October 19, we had our Fall Kickoff Dinner, complete with chicken tenders and officer elections. Congratulations to our new 2004 County Council Officers:

President: Kristen Mason
Vice President: Kayla Mason
Secretary: Lindsey Steele
Reporter: Beth Tevepaugh

We have some great leaders and are looking forward to a fun-filled year ahead! These officers will join 2004 County Council Officers and Leader Association Officers in November to plan for the 2005 year. Be sure to share your ideas with them!

Congratulation to the Odell 4-H Club who earned the Spirit Stick at the October County Council.

How Are Those Project Records Looking?

Project records will be due January 18, 2005. Are you ready for the deadline? If not, please join us for a Project Record Workshop on Thursday, December 16, from 6:30-8:00pm. This will be a very informal chance for you to work on your book with experienced helpers by your side. Bring your 2004 calendar, your project guide books, and any supporting information.

Leader's Corner

4-H Mission...Nutrition Kits Available!

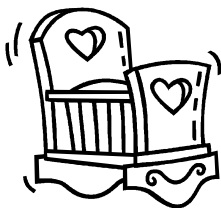
Leaders, the 4-H Mission...Nutrition Kits are here! In one stop, you can get your club program ready. Six kits are available, along with handout copies and instructions. Stop by to check out a kit today!

Remember, awards and incentives are available for participating clubs!

2005 4-H AVA Officers Nominations Needed

Volunteers, the Adult Volunteer Association is looking for candidates who would be interested in being officers of the Association.

Please consider this as an opportunity to help and encourage others to join in leading the wonderful group of Cabarrus Volunteers. Voting for the Adult Volunteer Association Officers will be at the January 18, 2005 4-H County Council Officers' Retreat and Leader Training. Please contact Sara West or current AVA President Melinda Clark if you have any questions.



Our First Annual 4-H Legacy Babies

Thank you to all 4-H'ers, leaders, and families who brought items for our 1st annual 4-H Legacy Babies. The first boy and girl born in October were provided gift baskets from Cabarrus County 4-H. This year's first baby boy was Ethan, son of Telisha Harrington. The first baby girl was Brooke, daughter of Amanda Ramsey. Congratulations to the new parents!

Southwest District 4-H Volunteer Fall Day

The Southwest District 4-H Volunteer Leader Fall Day will be held at the Cleveland County Cooperative Extension Center on Saturday, November 20, from 9:00-2:00. Workshop topics include Gift Jars, Fundamentals of 4-H, Horse Safety, Vermicomposting, and Project Records in a Nut Shell. Please call the 704-920-3310 by Wednesday, November 2 to sign up. Represent our county at this exciting event!



An Invitations to Volunteers

On Tuesday, November 16, 2004 6:30-8:30pm, our 4-H youth and staff would like you to know how much we appreciate you! The Volunteer Recognition Banquet will be held at the Cabarrus County Cooperative Extension Center. Please RSVP for this steak dinner by November 8. We hope to see you there!



Reminder- Cabarrus County Schools Adverse Weather Policy

With the Winter months coming up, Cabarrus County Schools have an Adverse Weather Policy that the Cabarrus County 4-H Program will follow as well. If the weather turns bad and Cabarrus County Schools cancels classes ALL 4-H EVENTS will be cancelled for the day as well.

We hope this will help in the event of bad weather and confusion about attending 4-H sponsored events, when bad weather strikes!

November 4-H Mission...Nutrition's Fabulous Recipe of the Month

Groovy Smoothies

Ingredients:

10 ripe small bananas

1 ½ cup frozen unsweeten whole strawberries

1 eight ounce carton vanilla low-fat yogurt

¾ cup nonfat skim milk

Remove peel from bananas. Using a knife, cut bananas into chunks. Combine bananas, frozen strawberries, yogurt and milk in blender. Blend on high until mixture is smooth. Pour into cups.



4-H Horse Clubs Hold Benefit Horse Shows

Cabarrus County Horse Clubs will be very busy this month! Both A Bit More Bridles and Bits 4-H Club and Hoofbeats 4-H Club are hosting benefit horse shows on Saturday, November 20. Flyers for these shows have been mailed to all Cabarrus Horse Club leaders. For more information on the A Bit More Bridles and Bits show, contact Amy Foster at 704-455-6769. You may get information on the Hoofbeats 4-H Club Horse Show by contacting Lori Harroff at 704-786-5265.



Southwest District Horse Council Meeting

Calling all 4-H Horse Program participants- please attend the District Horse Council meeting on November 18, 7:00pm in Gaston County. This is your chance to voice your questions, suggestions, and support for the 4-H Horse program. If you would ride with Sara West to this important meeting, please call 704-920-3310.



Club Corner

Compiled by: Hope Newton

2004 4-H County Council Secretary

We need your news! Please remember to send you club information to Hope Newton at mnewton3@carolina.rr.com. If you do not have access to email, you may mail information to the 4-H Office.

Rimer Sunshine Cloverbuds

The Rimer Sunshine Cloverbuds met on Tuesday, October 12 in the parish hall of the Cross of Christ Lutheran Church. Jacob Pless, Club President, opened the meeting and led the Pledge of Allegiance and the 4-H Pledge. Under business, Marie Pless discussed the October Newsletter. Marie then introduced the countywide project, Mission...Nutrition, and talked about how to correctly wash hands. Club members then made a snack with rice cakes, peanut butter, and raisins.

Rimer 4-H Club

The Rimer 4-H club met on Tuesday, October 5th in the parish hall of Cross of Christ Lutheran Church. Ella Beth Wickliff led the Pledge of Allegiance. Courtney Boyd led the 4-H Pledge. Under business, Meredith Harrison led a discussion about important upcoming dates. The group then talked about the countywide project, Mission...Nutrition. Members discussed the correct way to wash hands and then made a nutritious snack with peanut butter, raisins, sliced banana, and rice cakes.

Sincerely,

Sara A. West,
Extension Agent
4-H Youth Development
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