Upcoming 4-H Events

2/11 -- Valentine Creations
11am-12:30pm    PC Library
Ages 5th grade and up

2/14 -- Jewelry 101 Class
1pm-3pm    PC Library
Third Grade and Up

2/15 -- Project Record Books
Due by 5PM

2/18 -- 4-H Show and Tell
10am-11am     PC Library
Open to All

2/24 -- 2012 Winter Coloring Contest Due

3/9 -- Electric Workshop
3pm-5pm                  PC Library
5th grade and up

3/13 -- Jewelry 101 Class
1pm-3pm    PC Library
Third Grade and Up

3/15 -- Early Bird Camp Registration Due

3/17 -- 4-H Show and Tell
10am-11am     PC Library
Open to All

3/22 -- 4-H Achievement Night
6pm-8pm            Fred Anderson
Open to all 4-H participants

To Register for ALL Events
Please call NCCES at 745-4121

Holiday Extravaganza

4-H Holiday Extravaganza was a huge success. Youth from 5-16 years of age participated in workshops to create a variety of gifts for the holidays from cookies, candies, no sew scarf, bath salts, neck warmer, bookmarks, hot chocolate mix, cookies in a jar, and much more. I would like to thank all of the adult volunteers. We would not have been able to do this without you. I would also like to thank Pamlico County Library for all of their help during these events.

Create a Valentine for you and one for Pamlico Meals on Wheels.
Saturday, February 11, 2012
11am-Noon    Pamlico County Library
Open to all 5th grade and up. Be sure to register.

Become a 4-H Volunteer!!!

Open to youth and adults!
Saturday, March 3, 2012    11am-Noon
Pamlico County Library
No commitment necessary.

Show and Tell

Do you have a new toy? Do you love to sing?
Do you have a story you want to share? Join us for 4-H Show and Tell the 3rd Saturday of each month at 10am at the Pamlico County Library. Beginning February 18th. There will be juice and cookies.
FROM MS. SARAH

Thanks to All who have volunteered throughout the holiday season to make it a success. Also thanks for all your support during my recovery from surgery. If you would like learn more about 4-H visit our website (http://pamlico.ces.ncsu.edu/), facebook page (Pamlico County 4-H), call me at 745-4121, or email at sarah_harrelson@ncsu.edu.

Thanks for all of your support.

4-HER IN THE SPOTLIGHT

Completing a senior project is a HUGE accomplishment for any high school senior. Usually students choose an area of interest they would like to explore that benefits themselves, but Zoe Gonzales chose a different route. Zoe, President of Horse Play 4-H Club, decided to put a benefit horse show for the United States Equine Rescue League (USERL). Zoe partnered with the Pamlico County Horseman’s Association to plan and execute the show. The association provided the venue and years of experience. While her fellow horse club members assisted with the set up and Craven County’s Town and Country 4-H Saddle Club provided concessions. When asked why she choose this as her project she replied, “I love horses and when I was younger, my parents worked with the rescue league as detectives. I would see pictures of the sad horses and decided if one day if I could, I would do anything to help.” Zoe was able to raise over $960 for the league and gained a world of experience. Zoe stated, “It was tough, scary, and one of the most awesome things I have ever done.” Zoe will attend St. Andrews University in the fall to study Equine Business Management.

Chips and dip, french fries, and cupcakes are among favorite snacks for youth, but Pamlico County 4-H and Fred Anderson Elementary are tag-teaming to educate 4th grade students on healthy eating habits. Each month students are exposed to different nutrients vital to their health. During December students learned about complex carbohydrates (aka starches). Students tested different foods by applying a diluted iodine solution and observed a color change. Over the remaining school year students will test foods for glucose, fats, and proteins. They will also be able to sample a variety of snacks from each food group.

FROM MS. SARAH

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Thanks for all of your support.

2012 4-H Achievement Night

Fred Anderson Elementary     March 22    6pm-8pm

Join us for Dinner as we recognize high 4-H Achievers from 2011. The program is open to all youth and adults who participated in any 4-H event from camp to summerfest to clubs to school activities.

Be sure to RSVP by March 15 by calling 745-4121 or stopping by the PC Extension Office. This event is free of charge.

2012 Betsy Jeff-Penn Summer Camp

Location: Reidsville, NC
Date: July 29-August 3
Cost: $390 (we offer a $50 scholarship to each youth)
Limit: 14

We are currently taking applications for 2012 BJP Summer Camp. There is $50 nonrefundable deposit required at sign up. Those who sign up by March 15 will receive a $50 Early Bird discount.