**Favorite Foods Show**

The 2010 4-H Favorite Foods Show is set for **Saturday, March 27th** at the 4-H Office in Troy. It is a great way to gain new skills at food preparation and earn 4-H scholarship money at the same time. 4-H’ers should bring their entries to the 4-H Office in Troy at 9:30 a.m. A special activity is planned for youth to participate in while the judging is taking place. The judging will be complete by 11:30 a.m. and awards will be given at that time.

The categories for the Favorite Foods Show include: main dishes, salads, side dishes (vegetables, potato/rice dishes), breads, desserts and healthy snacks.

**Rules and Regulations**

- Participants will be divided into three age categories: Cloverbud (5-8), Junior (9-13), and Senior (14-19).
- A participant may enter up to three different categories, but only one entry per category. If you have a question where a recipe will fit, just give us a call.
- Entries should be attractively displayed. Think about the container that your dish is in as well as using garnishes. Be sure to bring two copies of your recipe (neatly handwritten, typed or a legible copy) and make sure your name is not on the front.
- The food entry should be prepared at home with minimal guidance by parents. Only last minute preparation should be done at the 4-H Office.
- First, second and third place awards will be given in the junior and senior categories. First place will receive an $8.00 scholarship; 2nd place will receive a $6.00 scholarship; and 3rd place will receive a $4.00 scholarship. Cloverbuds and all other participants will receive $3.00.
- Bonus points will be given to recipes that use healthier ingredients. These might include low fat milk, light margarine, low fat mayonnaise, no calorie sweetener in the place of sugar, etc. Be sure to indicate these on your recipe.
**FYI**

**4-H Plant Sale**
The annual 4-H Plant Sale is underway. This year we are offering blueberries, blackberries, muscadines, figs, landscape plants and bird boxes. To see a plant sale brochure and sales form go to: [http://montgomery.ces.ncsu.edu/](http://montgomery.ces.ncsu.edu/) Orders will be taken through March 1st and plants will be ready for pick-up in early March. We need your help distributing plant sale flyers to others you may know who are not on our mailing list! We also need your help in sending the information to your friends and family via email or Facebook.

**County Council Meeting**
The 2010 County Council Officers will meet on Monday, March 15th at 4:00 pm at the Extension Office. We will begin planning the 4-H Year and discuss the new State calendar year. All club level officers and members are invited to attend our County Council meetings. If you would like to learn more about County Council and how you can be a part, please contact Chrissy.

**4-H Centennial Cookbook on Sale Now**
The North Carolina 4-H Centennial Cookbook is now available for order. The cookbook includes more than 400 Blue Ribbon Recipes collected from every 4-H decade. It features photos depicting 4-H foods and nutrition projects throughout the years and entries by several local 4-H’ers. This book is predicted to sell out quickly. Cost of this keepsake cookbook is $18.95 plus shipping and handling. An order form is available online at www.nc4hfund.org or at the 4-H Office.

**North Carolina State Fair Turkey Registration**
If you are interested in raising and showing a turkey at the 2010 NC State Fair, please contact the 4-H office prior to March 1st. This opportunity is available to all youth at no cost and youth can receive up to three poults through this program.

**Junior 4-H Camp**
Are you a 4-H member 8 – 14 years of age? You are eligible to attend Junior 4-H Camp from August 1st – 6th at Betsy Jeff Penn 4-H Camp. The cost is $325, which includes all meals, lodging, a t-shirt, a store card for refreshments, activities and transportation for that week. If you are interested call our office at 910-576-6011 and we will sign your child up. A $50 non-refundable fee is due by March 31st. We only have 10 female spots and 6 male spots left, so don’t wait too long to call and sign up.

**District Teen Retreat**
Teens go ahead and mark your calendars for this event, which will be held April 10-11th in Moore County at the Days Inn. Once we receive costs and further information, we will get this out to you all. Remember you must be between the ages of 13 – 19 to attend this event.

**Changes to the 4-H Calendar Year**
Due to changes made by the state 4-H office, our new 4-H year began October 1, 2009! Please make note of the new changes in your calendars that will affect your 4-H plan in the coming year. Now your 4-H plan should run from October 1st – September 30th. In order to not short change anyone in this new 4-H year, you may include your activities and achievements made in the months of October, November and December 2009 in both your 2009 and 2010 project record books. These statewide calendar year changes will change some of our county programs for 2010 in regards to project record completion, cumulative records, and officer elections. Look for more information about these changes in the coming months.

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**Winter Enrichment**
We had 9 total youth to attend this year’s South Central District Winter Enrichment. Youth in attendance included: Nathan Powell, Tiffany Lyles, Nathan Miller, Victoria Miller, John Strong, Karen Mackillop, Keileigh Haynes, Jenny Walter & Sarah Walter. They took part in educational workshops, participated in a district meeting and enjoyed a pizza dinner while meeting new friends from across the district.

**State Council Conference**
Three Montgomery County 4-H youth attended the annual 4-H State Council Conference at the North Raleigh Hilton the weekend of November 21 and 22, 2009. The following Montgomery County 4-Hers were in attendance: Tiffany Lyles, John Strong & Kristine Parks. This year’s theme was “We Are 4-H: Past, Present, and Future” and the conference focused on how 4-H has changed from its beginnings, where it is today and where it will head in the future. The workshops focused on careers and entrepreneurship as well as leadership, citizenship and team building workshops.

**Rockin’ Clovers Report for Fall & Winter 2009**
Several of the Rockin’ Clovers showed turkeys at the state fair in 2009. This year’s turkeys were much smaller as they were hens instead of the gobblers they normally get. It takes a lot of work to raise these turkeys from little poults to large 9 - 23 pound turkeys. All of the participants received ribbons and prize money for showing their turkeys as well as a great day spent at the fair. If you are interested in showing a turkey in 2010 please contact the 4-H office.

During the month of December Lynn Epps, Lead Volunteer for the Rockin’ Clovers passed the club reigns over to Kathy Lyles and Crystal Hurley who are serving as leaders for 2010.

**Livestock Club Report**
During the fall months Nathan Lemonds, Matthew Lemonds, Madison Morris, Bethany Thompson, Lucy Harvell and Bethany Harvell showed Meat Goats in the Sandhills Circuit Showmanship. Participants had a chance to win ribbons, prize money and points towards their showmanship. All involved learned tons about their animals and are ready to show again. Showing goats is a great learning opportunity as well as a way for children to learn responsibility. It takes a great deal of commitment from the parents as well. If you would be interested in your child showing an animal please contact the 4-H office. Future plans for the club include organizing a show here in Montgomery County. Planning will begin soon and we need everyone’s help.