



Carteret Clover

Spring 2016

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Spring is in the air and school is almost out for the summer! I know I have enjoyed the warmer days and looking forward to some more. You have been extremely busy this spring and have represented Carteret County 4-H well. I am very proud of each and every one of you. As you are thinking about summer don't forget about 4-H. We have lots of exciting 4-H events planned so please look at the 4-H calendar and stay connected with our Carteret County 4-H Facebook page. See you around the "4-H Clover"!

4-H Calendar

Teen Leadership	4-H Office	5:00pm	June 6
Citizenship Focus	Raleigh	Varies	June 13-15
Summer Fun Dairy Tour	Ayden	9:00am	June 16
Summer Fun Beg. Sewing I	4-H Office	9:00am	June 20-22
Summer Fun Astronomy Camp	Kinston	8:30am	June 24
Summer Fun Fishing/Archery Camp	4-H Office	9:00am	June 30
Summer Fun Cloverbud			
Mini Camp	4-H Office	9:00am	July 6-8
State 4-H Horse Show	Raleigh	Varies	July 6-10
Summer Fun Beg. Sewing II	4-H Office	9:00am	July 11-13
Electric Congress	UNC Asheville	Varies	July 12-14
Summer Fun CSI Camp	4-H Office	9:00am	July 14
State Presentations	Raleigh	8:00am	July 16
NC 4-H Congress	Raleigh	Varies	July 16-19
Summer Fun	Garner Farms/		
Farm to Fork Camp	4-H Office	9:00am	July 21
Summer Fun Mini Bug Camp	4-H Office	9:00am	July 22
4-H Summer Camp	BJP	Varies	July 24-29
County Council Fun Day	Wilmington	9:00am	Aug. 1
4-H/NCACC Youth Summit	Winston Salem	Varies	Aug. 12-13
Summer Fun			
Advanced Sewing Camp	4-H Office	9:00am	Aug. 15-17
County Council	4-H Office	6:00pm	Sep. 12
County Council	4-H Office	6:00pm	Oct. 3
NC State Fair	Raleigh	Varies	Oct. 13-23
County Council	4-H Office	6:00pm	Nov. 7
State 4-H Council Conference	Raleigh	Varies	Nov. 18-21
County Council	4-H Office	6:00pm	Dec. 5

Contact Us



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Educational Corner

Random Acts of Kindness

As you enter into the summer months I want you to consider how **YOU** can make a positive influence on someone in your community. You can easily do this by "Random Acts of Kindness".

How many times have you had a positive attitude change just because someone smiled at you or complimented you on something? The small acts made you feel better about yourself. You too can make a positive impact on someone with your "Random Acts of Kindness."

I challenge you for the summer to think of a way you and your family can make a positive impact in your community. It doesn't have to be a huge undertaking. It can be as simple as taking food to the elderly who cannot leave home or you can hold the door for someone and give them a nice smile. These are just a few small examples of ways you can spread "Random Acts of Kindness."

I want you to realize that **YOU** matter and **YOU** have a say in what is happening around you. If you are unhappy with the way things are in your community, county, state, and nation. **YOU** have the power to change it. **YOU** can take your positive attitude and bring positivity to a negative situation.

Discuss with your family and brainstorm on some ideas of how you and your family can produce some "Random Acts of Kindness" in your community. Then take note to see how your positivity spreads to others.

**"No act of kindness,
however small, is
ever wasted."**

-Aesop



Grilled Watermelon

Ingredients

- 8 slices seedless watermelon wedges, 1.5" thick
- 2 tbsp. olive oil
- Sea salt
- Fresh ground pepper

Directions:

1. Lightly sprinkle the wedges on both sides with salt.
2. Stand the wedges on their edges on a rack over the sink and let drain for a half hour.
3. Preheat the grill to high.
4. Brush the watermelon on both sides with olive oil. Grill over high heat until grill marks have formed, and the melon is slightly softened; about 5 minutes.
5. Remove from grill and sprinkle with a little sea salt and fresh ground pepper.
6. Serve or refrigerate until ready to serve.

Makes 8 servings.

2016 State 4-H Council Focus Health

This year your State 4-H Council has decided to focus on the fourth H in 4-H, which is health. As you are planning programs for your clubs please remember to have some health discussion in your club meetings. You can have a move more section where youth are challenged to do some type of physical activity. You could plan a club meeting that focuses on healthy eating and have a cooking demonstration. The possibilities are endless. Show us how creative your club can be. Remember to take photos and share with the 4-H office so we can compile them for our scrapbook for this year.

County Activity Day

On March 19 we had 11 youth participate in our County Activity Day. The participants presented on various topics. The presenters were **Lihn Walker, Erica Walker, Aaliyah Perez, Cate Paschall, Alanna Pachall, Shaunah Schaffer, Elizabeth Schaffer, Lauren DeLuzio, Kacey Field, Abigail Walker, and Edmund Gutneckt.**



4-H TEENS

Murder Mystery Dinner



2016 Southeast District Teen Retreat was a huge success. **Elizabeth Schaffer, Abigail Walker, and Edmund Gutneckt** participated in the awesome events. They started the event by participating in a dinner murder mystery. They also visited campaign officer booths and heard speeches. Thanks 4-H Teens!



District Activity Day

9 youth represented Carteret County 4-H at the South East District Activity Day. The youth presented their county level winning presentations to a group of judges and an audience. Three youth were cloverbuds and they received participation ribbons for a job well done. The youth are **Lihn Walker, Aaliyah Perez, and Cate Paschall.** Our competitive youth are listed below with their placings.

Erica Walker	Pork Grilling	Gold Winner
Alanna Paschall	FCS	Gold Winner
Edmund Gutneckt	Careers	Gold Winner
Shaunah Schaffer	Citizenship	Silver Winner
Abigail Walker	Citizenship	Silver Winner
Elizabeth Schaffer	Science	Honorable Men.

The gold and silver winners are all eligible to compete at the state presentation finals in Raleigh in July. **CONGRATULATIONS!**



On Thursday, April 21, 2016, Carteret County 4-H Hosted a county wide science fair. We had 43 exhibitors from the local elementary and middle schools. It was a great event for all who attended. Our Skill Seekers 4-H Club represented well as they had 5 youth participate.

Sayla Kowalski, Kyson Kowalski, Caleb Fisher, Kaylee Fisher, and Brooke Fisher.
Great job Skill Seekers 4-H Club!



Congratulations Alison Pagliuca!

Alison represented Carteret County 4-H at the East 4-H Qualifying Horse Show in April. **Alison** won all of her entered divisions and was recognized as the **2016 All Over Champion** for the East Qualifying Horse Show. **Great Job Alison!**



Teen Leadership Workshop

Date: Monday, June 6th
Time: 5:00pm -6:00pm
Where: 4-H Office
Who: 4-Her's interested in helping with Cloverbud Mini Camp
Call Ms. Regina at 252-222-6375 to RSVP for this event.
If no one RSVP's, then the event will be cancelled!

Announcement!



Seawolves 4-H Envirothon Team

The **Seawolves 4-H club** participated in the regional envirothon and advanced to the state level competition.
Congratulations Seawolves!



4-H Club Opportunity

Olde Beaufort Farmers Market has invited your 4-H club to be part of their festivities. This would be a great way for you to showcase your individual clubs. The following dates are open if any club would like to participate.

June 4th - Market Friend Day

June 18th - Surf & Turf Day

July 9th - Kids Day

You would have to be set up by 8:30 am and stay until 1:00pm. If any club is interested, please let me know the date and I will contact the market manager.

Newport Roadrunners 4-H Club

Thank you to the **Newport Roadrunners 4-H Club**. They gave our club spotlight at the May County Council Meeting. The spotlight was given by **Shaunah & Elizabeth Shaffer, and Lihn Walker**. The girls reported in February the club participated in the Eastern Carolina Livestock School. They stated they had a lot of fun and learned a lot about raising goats. The club also attended the Coastal Plains Livestock Show held in Kinston in March. **Great job Newport Roadrunners! Keep up the great work!**



Citizenship Opportunity Flag Ceremony

What: Memorial Day Flag Ceremony

When: Saturday, May 28, 2016

Where: Beaufort Courthouse

Time: 9:15am

Citizenship is an important part of being a 4-Her. This is a great opportunity to develop your citizenship leadership in your 4-H project book. If you are interested in attending this event, please be at the Beaufort Courthouse by 9:15am to practice for the ceremony. You will be finished before noon. Thank you to those who have signed up to help with the flags!