

New Hanover County 4-H



CLOVER CONNECTION

**JOIN THE REVOLUTION
OF RESPONSIBILITY**
Cooperative Extension's Youth Development Program

Like us on



"I Pledge... My Hands to Larger Service"

4-H members pledge their "hands to larger service" and develop a spirit of generosity for their club, community, country, and world. One 4-H club in New Hanover County is "adopting" children whose parents are in prison for Christmas.

Great job Saddlebrook 4-H Club! Let's see what a difference other 4-Hers have made during 2012:

-Members of the New Directions 4-H Club discovered that they could help younger children get excited about reading by visiting classrooms at the AAI Pharma Learning Center to read books with good life les-



Leslie Wilson and Maia Cheatham with the Fuzzy Peach and Food Bank gang.

sons such as anti-bullying, teamwork, and diversity.

- A study done by the National Law Center on Homelessness and Poverty found that approximately 3.5 million people (1.35 million of them children) are likely to experience

homelessness in a given year. In an effort to give others hope during a difficult time, the New Hanover County 4-H Teen Council coordinated efforts to make 39 hygiene kits to be given to those in our area experiencing homelessness. The kits were made for both adults and children and included travel sized toiletries and toys for chil-

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New Hanover County Center 6206 Oleander Drive Wilmington, NC



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Explore Your Interests with 4-H Project Records

4-H has a long history of record-keeping as life skill gained by 4-H members. Completing project record books give youth an opportunity to reflect on their yearly work and document their skill development and learning experiences in a portfolio. Project record books also encourage youth to set goals and develop plans to meet those goals. Cumulative record books are very similar to project record except they are more comprehensive and cover up to 3 years' worth of work in a project area.

4-H Project record books are due January 31st and will reflect project work done from January through December 2012.

Download the form from nc4h.org (click on "Youth"

then "Awards & Incentives"). When submitting a project record or cumulative record for 2012, make sure you use the appropriate form for the 4-H member's age on January 1, 2012. Age divisions are 9-10, 11-12, 13-15, and 16-18 year olds. Cloverbuds (ages 5-8) may submit a book for participation. Please email leslie_wilson@ncsu.edu for the Cloverbud form.

Mark Your Calendars! On February 26th, a Project Record Book Workshop will be held from 3:30-5pm at the Northeast Library in the Oak Room. This free workshop, open to 4-H members age 9-18, parents, and volunteers, will give step by step examples of how to build an award winning project record in 2013. Email Patty at patty_cain@ncsu.edu by Friday February 15th to register.

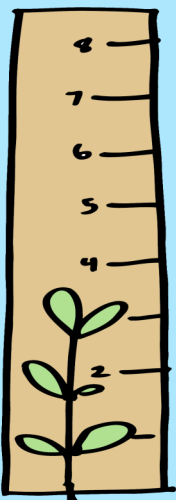
REMINDER: Winterfest Deadline Coming Up



Winterfest is a one-day teen leadership event open to all youth ages 12-18 as of January 1. The district officers have planned a fun event with two workshops on team building and cooking with a concluding activity where participants will have something to take home. The Winterfest Winter Meeting will be held on January 21st at the Wayne County Extension Office from 11:00am-3:00pm. The fee is \$7 per person which includes lunch and transportation will be provided to and from the event from the Extension Office. Space is limited, so reserve your spot today! Registration deadline

is January 11, 2013!

4-H Gardening Class



Students: 3rd-5th grade only
Dates: Tuesdays 9:30-11:30
 March 5—May 28
Tuition: \$40, before February 1
 \$50, February 1– 15
Location: NHC Arboretum
 6206 Oleander Dr.



[Click here for required registration forms](#)



Teen Challenge



Being a teenager can be tough. You're not really a kid anymore but you're not quite an adult yet either. The New Hanover County 4-H Teen Council program is designed to take you from "kid" to "adult" through learning important life skills by running their own meetings, planning community service projects, and learning how to work together to achieve goals. 4-H can help you learn how to take on greater responsibilities, build a network of new friends, and be a part of something bigger than yourself. Join us during our next meeting and help us "Make the Best Better."

When: Monday January 21st from 6:00-7:30pm

Where: NHC Cooperative Extension Auditorium

Who: 13-18 year olds as of January 1, 2013

Talking To Your Children About Violence Against Kids

Children are exposed to numerous accounts of violence against kids, such as abductions, murder, and random acts of terrorism.

Parents need to be aware that children may react strongly to those events and should be prepared to discuss their child's thoughts and feelings. The following are some guidelines for parents:

- ✦ Be honest about the situation. Give your children information at their own level and put it in context. Explain that even though frightening things happen to children every once in awhile, most children go about their day with no harm. Don't describe unlikely scenarios that would unnecessarily frighten your children.
- ✦ It helps to know what information your child is getting. Monitor their exposure to television reports, and help explain what they see if they do watch television. Ask them what they are hearing at school and, if necessary, give them factual information to dispel rumors they are hearing from others.
- ✦ Limit the amount of exposure to violent movies, videos, or computer games. The impact of violence for children is cumulative.
- ✦ Understand that children of different ages react differently. Younger children may react by showing more separation anxiety when their parents leave

them at daycare or school. Older children may present a rough exterior or act out aggressive behavior.

- ✦ Provide extra emotional support for your children. Review safety precautions and practice routines of going to and from school with them. Teach your children that they should go to an adult that they trust if they feel threatened in any situation.
- ✦ Avoid infecting your children's lives with your own anxiety. If you are feeling overwhelmed by anxiety caused by traumatic events, take steps to deal with your own feelings before your children are affected.
- ✦ Be aware of other areas of children's lives that may make them especially vulnerable to fears regarding violence against children. Children who have experienced a traumatic incident in the past, children who are grieving a personal tragedy, and children who are ill are all more susceptible to anxiety regarding other events.
- ✦ Children need personal reassurance. Tell them what you are doing to ensure their safety; tell your children what their daycare provider or teacher is doing to maintain safety; and tell children what they can do to enhance their own safety. Don't overdo it. Maintain normal routines for eating, sleeping, and play. Keep an eye open for any signs of anxiety.

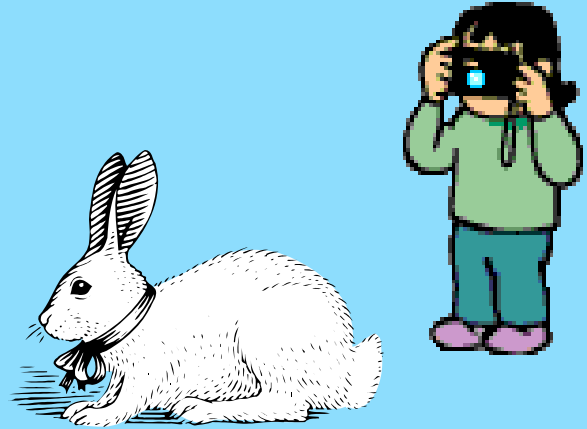
Source: Family Resource Center at Minneapolis Children's Hospital and Clinics for Family Information Services, Minneapolis, MN Permission to reprint for educational purposes.

Are You Making A Difference in Your Community? Let Us Know!



Did your 4-H club make a difference in your community this year? If your club participated in a great community service project during 2012, then make sure you apply for the 4-H Community Service Award. Sponsored by the North Carolina 4-H Honor Club, the Community Service Program is designed to recognize excellence in club community service activities. Club members and their volunteers should submit the Community Involvement/Community Service Form entitled "Involvement Unlimited" found at nc4h.org

(click on "Youth" then "Awards & Incentives"). State prizes include: 1st place: \$150; 2nd place: \$100; and 3rd place: \$50. Application packets are due to Leslie Wilson no later than January 31st.



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-The members of the Trackers 4-H Club gave a smile to local senior citizens by making homemade valentines during a club meeting.

-The Cape Fear Area Rabbit 4-H Club volunteered in the livestock tent at the Cape Fear Fair & Expo and also educated families on how to care for bunnies at the Poplar Grove Farmers' Market.

-The Way Fit 4-H Club teamed up with a local frozen yogurt shop to help the Food Bank of Central and Eastern NC. Learning that approximately 30,000 children in Brunswick, Columbus, Pender and New Hanover counties are food insecure, they planned a food drive that allowed frozen yogurt customers to receive \$1 off their yogurt purchase for every food item they donated on the fourth Friday for three months. Altogether, 212

Mark Your Calendar

January

9: 4-H Advisory Council Meeting
15: Scholarship & Honor Club Applications Due
21: Southeast District Teen Winterfest
21: New Hanover County 4-H Teen Council
30: 4-H Club Leader Meeting
31: Project Record Books & Group Awards Due
31: Beekeeping Essays Due

February

16-17: Wilmington Garden Show, Schwartz Center
18: New Hanover County 4-H Teen Council
26: Project Record Book Workshop

March

5: Junior Master Gardener Class Starts (Tuesday mornings)
6: 4-H Advisory Council Meeting
18: New Hanover County 4-H Teen Council
27-28: 4-H Spring Break Cooking Camp (details soon!)