Onslow County 4-Her’s are gearing up for the Holiday Season to reach out to others in the community. 4-H in Onslow County has done a great job in the past with helping the less fortunate in our community. They will once again reach out to the community with Bell ringing for the Salvation Army on December 5, 2009 at Sam’s Club and the preparation of baskets to spread the Holiday spirit to our Elderly and special needs population on December 8, 2009. Please help the Onslow County 4-Her’s brighten someone’s Holiday Season by supporting these wonderful community service projects.

4-H in Onslow County...... has been extremely busy the last couple of months. In October several of the clubs participated in the Onslow County Fair with fair booths, agricultural, culinary, clothing and other exhibits. The annual Youth Tractor Driving Contest was also held at Richlands High School. The month of November hustled on with all clubs represented in the 4-H Achievement Program with exhibits and crafts that showcased the talent of the youth in Onslow County.

Onslow County Fair......Three of the 4-H Afterschool programs were big winners at the Onslow County Fair, placing 1st, 2nd, and 3rd place in the 4-H category for Educational Exhibits.

1st Place – Queens Creek Butterflies
2nd Place – Hunters Creek Wild Things
3rd Place – Southwest ASA

Wanda Mills, 4-H Program Associate

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Tractor Driving Contest.....Get Ready, Get Set, Go! Boys and Girls had a wonderful afternoon pulling trailers, going through obstacles courses, and running over cones and stakes to see who would be the tractor driving champion of the year. At the end of the day the points were tallied. Congratulations to all the winners!

Overall Winner: Tyler Robson – White Oak HS
Female Winner: Tasha Claypool – Richlands HS
Team Award: White Oak High School

Achievement Program 2009.....The 2008 -2009 year came to an exciting conclusion the night of November 5th as we all celebrated the accomplishments of our 4-H club members who have worked so hard on their various projects and activities. A total of 217 project records were turned in this year for judging and 554 exhibits were judged during the morning of the achievement program. What a wonderful way to celebrate the end of the 4-H year here in Onslow County. A large number of parents and participants packed the multipurpose center to cheer on their respective club members. Special thanks goes out to the many volunteers and parents who worked so hard to make sure the youth stay involved in the Onslow County 4-H program. Below are the results of the award ceremony.

Most Representative Junior 4-H'er – Jordan Prejean, Cool Clovers 4-H Club.

Most Representative Senior 4-H'er – Stephanie Humphrey, Cool Clovers 4-H Club.

Top Exhibitors.....1st Place- Todd Horne; 2nd Place - Stephanie Humphrey; 3rd Place - Kailee Felix; 4th Place - Hannah Liesse, Jordan Prejean, & Taylor Dominessy; 5th Place – Claire Gill; 6th Place – Elizabeth Liesse & Ethan Haugh; 7th Place – Savannah Kramek & Brianna Harris

Top Club Participation: 1st Place – Hunters Creek Wild Things; 2nd Place – Cool Clovers; 3rd Place – Swansboro 4-H Club.

Top County Project Records:
1st Place – Hunter Creek Wild Things;
2nd Place – Morton Lucky Charms.

County Record Book Champions:

Foods & Nutrition:
9-10 year old – Austin Peterson
11-12 year old – Meredith Howell
13-15 year old – Jordan Prejean

Science & Technology:
11-12 year old – Todd Horne

Environmental & Earth Education:
9-10 year old – Brianna Harris
11-12 year old – Allie Cozzens

Health & Fitness:
9-10 year old – Isabella Taft

Health Lifestyles:
11-12 year old – Taylor Dominessy

Animal Science:
11-12 year old – Taylor Dominessy

Family & Consumer Science:
13-15 year old – Stephanie Humphrey

Personal Development & Leadership:
13-15 year old – Stephanie Humphrey

4-H County Council Meeting....The first County Council meeting for the New Year will be held on January 14, 2010 at 7:00pm. Please come out and support your newly elected officers. Dates and activities for the remainder of the year will be discussed. All clubs are asked to participate.

Elder Cheer......On December 8th, join us at 6:00pm for refreshments, and at 6:30pm we will begin the assembling of Holiday baskets for the elderly and special needs citizens in our community. Donations and personal care items are still being accepted. Please donate and attend this wonderful community service project. All donations can be dropped off at the
Cooperative Extension, 4024 Richlands Hwy. The event will also be held at same location.

4-H Club News.....

Morton Afterschool Adventures would like for the 4-H community to know that they have a new name. The club will now be known as the Morton Lucky Charms. Let’s wish the Lucky Charms lots of “LUCK”.

The Carolina Riders.....would like to welcome new members Alyssa McCoy, Charlie Windham, Dallas Romano, and Katy Polaski to their 4-H club family. Not only have the Riders been recruiting they have also been busy with club elections, Achievement Night and next on the list the Elder Cheer project. They would also like to congratulate their newly elected officers for the 2009/2010 club year.
- Caity Wood – President
- Lynn Knoop – Vice President
- Claire Gill – Secretary
- Taylor Dominessy – Treasure
- Kayla Knoop – Reporter

The club would like to acknowledge Tina Gill as the new co-leader for the club. Let’s wish Carolina Riders, the new co-leader and officers a productive 4-H year.

If you are interested in joining the Carolina Riders Club, or just want to attend a meeting they meet on the 1st and 3rd Tuesday of every month, at Equine Country USA at 7:00pm in the party building. To confirm the date, time, and place please contact Tina Gill at tgdill@charter.net.

4-H Favorite Food Show.....The Favorite Food Show will be held January 23, 2010 at 9:00am in Onslow County Complex, located at 4024 Richlands Hwy. Written guidelines are available from your club volunteer or through your 4-H office. The rules and guidelines will also be discussed at the January 4-H County Council meeting.

Club News Needed......

Any club is invited to send in club news and pictures to be printed in the monthly 4-H newsletter. The newsletter is a great way to let others know what your 4-H Club is doing. If you have club news please turn it in by the 10th of the month. Club news can be submitted to wanda_mills@ncsu.edu.

A note from the 4-H family......

From our family to yours; we would like to wish everyone a safe and Happy Holiday, and we look forward to coming together in the New Year and continuing the wonderful journey in the world of 4-H.

UPCOMING EVENTS

Bell Ringing Sam’s Club – December 5
Elder Cheer Project – December 8
4-H District Council Meeting – TBA
4-H Volunteer Leaders Banquet – January 19
Favorite Food Show – January 23

SPOTLIGHT

Holiday Safety Tips

The holidays are an exciting time of year for everyone. Here are some tips to help ensure a safe holiday season.

Trees
- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree always check for freshness. A fresh tree is less of a fire hazard. Fresh trees are green, with needles that are hard to pull from branches and do not break easily. The trunk should be sticky with resin.
- When setting up a tree at home, cut a few inches off the trunk of your tree to expose fresh wood. This allows for better water absorption. Be sure to keep the stand filled with water. Heated rooms can dry live trees out rapidly.
- Place trees away from fireplaces, radiators or portable heaters, out of walkways, and don’t allow it to block doorways.
Lights
• Make sure all lights you use outdoors have been certified for outdoor use. Plug all outdoor electric decorations into circuits with ground fault circuit interrupters.
• Check all tree lights—even if they are new to make sure all the bulbs are working and that there are no frayed wires or loose connections.
• Turn off all lights when you go to bed or leave the house.

Decorations
• Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals.
• Never use lighted candles on a tree or near other evergreens. Use non-flammable holders, and place candles where they won’t fall down.
• In homes with small children, take care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children. Avoid trimmings that resemble candy or food that may tempt a child to eat them.
• Remove wrapping paper, bags, ribbons and bows from tree and fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child, or can cause a fire if near flame.

Toy Safety
• Select toys to suit the age, abilities, skills and interest level of the receiver. Toys that are too advanced may pose safety hazards.
• To prevent burns and electrical shocks don't give children, under age ten, a toy that must be plugged into an electrical outlet.
• Strings and ribbons that are more than 12 inches in length could be a strangulation hazard. Remove them from toys before giving them to young children.

Visiting
• When traveling in the car make sure everyone is buckled up and stays that way.
• Remember that homes you visit may not be childproofed. Watch for danger spots.
• Traveling, visiting, getting presents, shopping, etc., can all increase a child's stress levels. Stick to children's usual eating and sleeping schedules as much as possible to help you and them enjoy the holidays and reduce stress.

Fireplaces
• Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Make sure the flue is open.
• Do not burn wrapping papers in the fireplace they ignite suddenly and burn intensely.

Pets
• People food is not good for pets it can cause gastrointestinal upset. Do not give poultry bones to your pets, they can splinter and cause severe injury. Onions can be toxic to both dogs and cats. Chocolate can cause a fatal heart attack if ingested in large doses.
• During the holidays, pets may not understand why their usually quiet home is full of people and noise. Provide pets with a quiet place to retreat to help them be more at ease. Also, keep an eye on pets when doors are opening and closing frequently, upset pets may slip out in the commotion.
• Decorations usually mean extra cords and plugs -- tempting "chew toys" for pets. Take an extra minute or two during decorating to tape down or cover cords.
• Anchoring the top of the tree to the ceiling with a strong cord will help keep it in place around frolicking pets. Some pets are inclined to eat tinsel hanging from trees -- this can cause an intestinal obstruction – avoid tinsel or keep tinsel decorations high on the tree.
• Mistletoe and holly berries, as well as poinsettia plants can be poisonous to pets. Pine needles can puncture holes in a pet’s intestine causing an emergency visit to the vet. Use repellent sprays to keep pets away from areas and objects that may cause them harm.

Have a safe and happy Holiday!