

COLBERT COUNTY 4-H CLOVER NEWS

SEPTEMBER, 2007



Colbert County Extension Office, 201 N. Main Street, Courthouse Basement, Tuscumbia, AL 35674 Phone – 256-386-8571

What is 4-H?

1. 4-H is a community of young people across America learning leadership, citizenship and life skills. 4-H is about young people making new friends and memories while preparing to be future leaders.
2. 4-H is America's largest out-of-school youth development education program for boys and girls. It is a worldwide youth development program available in every state and every county and is open to all.
3. 4-H provides a chance for youth to learn new things, develop new skills, travel new places, experience new things, new situations, make new friends and have fun.
4. Who conducts 4-H? The Colbert County 4-H program is conducted by the Alabama Cooperative Extension System which consists of Alabama A& M University and Auburn University. County and State programs are directed by Extension staff. Extension offices are located in every county in the state of Alabama.
5. **Isn't 4-H just for farm kids?** NO!! 4-H is for all young people regardless of where they live.
6. **What ages can participate in 4-H?** Age groups for Colbert County 4-H are:
 - a. Clover Buds (ages 5 – 8). Clover Buds can work on 4-H projects just like their big brother or sister does for the learning experience involved but, projects will not be judged for competitive purposes.
 - b. Junior Level (ages 9 – 13 – on January 1, 2008)
 - c. Senior Level I (ages 14 & 15 – on January 1, 2008)
 - d. Senior Level II (ages 16 – 19 – on January 1, 2008)
7. **What does it cost to join 4-H?** 4-H has no membership fees or required uniforms. There may be a minimum cost for some 4-H activities or events.
8. **What are 4-H projects?** Projects are challenging planned courses of study centered around a specific study. Hands on, learning by doing involvement is the most important aspect of a 4-H project. 4-H projects are worked on at home with parents or other family members who can help. The 4-H offices may offer nights to meet to work on other projects of interest.

Monthly projects along with the rules and guidelines will be listed in the monthly newsletter. So remember to take your newsletter home to see what project you would like to work on. 4-H

projects will be turned in at school during your monthly 4-H meeting. 4-H projects will be judged for county 1st, 2nd and 3rd place awards. 4-H'ers who place 1st, 2nd or 3rd will be awarded for their efforts in April. Also during the month of April, you will turn in your clover bucks, so remember to keep up with them and we will also honor the 4-H Teacher / Leader whose class has turned in the most 4-H projects for the 2007 – 2008 school year in April. Projects completed during the year can be picked up from the County Extension office. County first place winners will have an opportunity to represent Colbert County at the Regional 4-H competition in Hartselle, Alabama during the month of May. Senior Level I and II 4-H'ers who place first at Regional Competition will represent Colbert County at the State 4-H Congress during the month of June at Alabama A & M or Auburn University

9. **How often do we meet?** 4-H clubs meet during the months of September, October, November, January, February and March for 30 minutes.
10. **4-H Motto** – “To Make the Best Better” – The goal of each 4-H member is improving knowledge and skills through 4-H project work and building better clubs and community through community service.
11. **4-H Colors** – Green and White – White symbolizes purity and high ideals. The green – nature’s most prominent color symbolizes life and youth.
12. **4-H Name and Emblem** - The 4-H Youth Development Program is represented by a popular, recognizable image. The official emblem of 4-H consists of a green 4-leaf clover with a right turned stem and the letter “H” in white or gold on each leaflet. The text, 18 U.S.C. 707, appears with the emblem. The Secretary of the United States Department of Agriculture holds the name and emblem in trust for the educational and character-building purposes of the 4-H program. The 4-H name and emblem are created and protected by Title 18 of the United States Code, Section 707 (18 U.S.C. 707), similar to the White House and Presidential Seals. Therefore, it may only be used as authorized by the statute, regulations and guidelines, and according to the authorization of the Secretary of designated representative.
For more detailed information on the use of the name and emblem, see the section under Additional Forms and Information and contact your county 4-H Agent. The statute, regulations, guidelines and information can also be found at <http://www.national4-hheadquarters.gov>.
13. **4-H Pledge** – The 4-H Pledge summarizes 4-H as the 4-fold development of youth through the Head, Heart, Hands and Health. Delegates to the 1927 National 4-H Club Camp in Washington, D.C. adopted the pledge. The phrase, “my World” was added to the pledge in 1973.

I Pledge ...

**My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service, and,
My Health to better living,
For My Club, my Community, my Country and my World.**

Head represents:

- Thinking, planning and reasoning.
- Gaining new and valuable knowledgeable.
- Understanding the whys.

Heart represents:

- Being concerned about the welfare of others.
- Accepting the responsibilities of citizenship.
- Determining the values and attitudes by which to live.
- Learning how to live and work with others.
- Developing positive attitudes.

Hands represent:

- Learning new skills.
- Improving skills already known.
- Being useful, helpful and skillful.
- Developing respect for work and pride in accomplishment.

Health represents:

- Practicing healthful living.
- Enjoying life.
- Using leisure time wisely.
- Protecting the well being of self and others.

4-H County Council Meeting & Training and Officer Elections for 2007 – 2008

An organizational meeting is scheduled for Thursday, September 27, 2007 at 6:30 p.m. at the Colbert County Courthouse Media / Conference Center in Tuscumbia, AL. The officers of each club must be present for this important meeting. County Council officers will be elected and activities for the upcoming year will be planned.

National 4-H Week October 7-13, 2007

Please promote 4-H at school during this week, or anytime you can. Wear the 4-H colors – green and white, 4-H county t-shirts, make 4-H bulletin boards or hand 4-H flags and banners in the school hallways. Also, you may have the 4-H'ers to learn the 4-H Pledge during this week and history of 4-H.

National Radon Action Week October 21 – 27, 2007

Colbert County is one of fifteen counties in Alabama with a high concentration of radon. Radon is a radioactive gas which causes lung cancer. Please promote this health risk during the week of October 21 - 27, 2007. The only way to detect radon in your home is to conduct a radon test. We have short term radon detectors available for \$5.00. The office is located in the basement of the Colbert County Courthouse. If you have any questions, or need more information about Radon, please contact the Colbert County Extension Office at 386-8571.

Clover Bucks

Remember: Each time you turn in a 4-H project you will be given a Clover Buck. Clover Bucks can be turned in during April for 4-H merchandise

1. Keep up with your Clover Bucks
2. Clover Bucks can be redeemed for 4-H merchandise in April at the 4-H Awards Reception.



4-H Projects due in October at your scheduled 4-H club meeting:

- ☘ 4-H T-shirt Design Contest
- ☘ 4-H Pet Photo Contest
- ☘ Radon Poster Contest
- ☘ Farm City Poster Contest

ALL projects are to be done at home with help from family members, then brought to school for Extension staff to pick up for judging.

REMEMBER: When you turn in a project make sure you have the following information attached to it:

Name: _____
Grade: _____
School: _____
Teacher / Leader: _____
Address: _____
Phone Number: _____
Age: _____

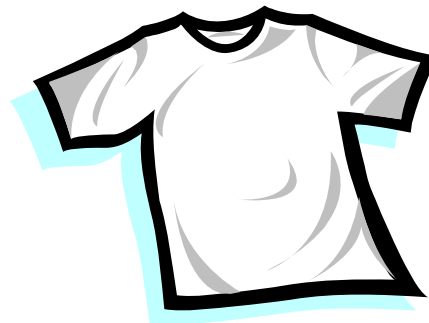
4-H T-Shirt Design Contest

Here is a chance to show off your creative ideas. We are giving our Colbert County 4-H'ers a chance to create a design to be used for a t-shirt. The 1st place winner will receive a free t-shirt with their design printed on the shirt. This design will also be used on Colbert County 4-H t-shirts for 2007 – 2008. 4-H t-shirts will be sold at all 4-H events. The cost will be \$7.00 per shirt.

Instructions:

1. Use the back of this sheet for your 4-H t-shirt design.
2. Use your ideas for colors and design
3. Do not use any copyrighted characters such as, Garfield, Peanuts, Snoopy, etc. Do not alter (make changes) to 4-H logo.
4. You can use a theme for your t-shirt. Some ideas are:
 - I Love Colbert County 4-H
 - Discover the magic of 4-H
 - Head, Heart, Hands, Health
 - 4-H for Youth, for Life
 - “To make the best better”

These are just some ideas!! Be creative and come up with your own ideas!!!



4-H Photography Pet Contest

INSTRUCTIONS: Circle one category your pet will compete in and turn in at your next 4-H club meeting.

Your name: _____

Phone #: _____

4-H Teacher / Leader _____

Type of Pet: _____

Address: _____

Name of Pet: _____

School: _____

Dogs (circle one)

Longest Ears
Largest
Smallest (adult, no puppies)
Costume Contest
Cutest

Fish (circle one)

Best Color
Largest
Smallest

Birds (circle one)

Best Color
Largest
Smallest
Longest Beak
Shortest Beak

Rabbits (circle one)

Largest
Smallest (adult)
Longest Ears
Cutest Ears

Cats (circle one)

Cutest
Most Unusual
Fat Cat
Smallest (adult, no kittens)
Most Like Owner

Other Pets

Most Unusual
Longest Tail
Largest
Smallest

Place your pet photo here

FARM CITY POSTER CONTEST

The poster theme is "Farm-City: Growing Closer Together." This exercise can provide a valuable learning and creative experience for every child who enters. The purpose of the Farm-City program is to bring about better understanding and cooperation between rural and urban people and a realization that both segments of society rely on each other. The theme this year points out the need for rural and urban to "grow closer together" in their relationships while at the same time, points to the fact that cities are spreading and are now literally growing closer to the farm. This points to an even greater need for farm and city folks to live and work together as neighbors.

The contest is sponsored by the Farm-City Committee of Alabama, P.O. Box 11000, Montgomery, AL 36191-0001, in cooperation with Alabama Ag in the Classroom. If teachers need additional agricultural information, they may contact Alabama websites of various agriculture organizations, The Extension Service and land grant universities or by searching "Alabama agriculture" on the web. Some of the winning entries will be used in a full-color Alabama Farm-City calendar.

Eligibility and Rules

1. Entry is open to all students in grades kindergarten through sixth grade and **must be the original work of the student**. There are two categories of competition: K - 3 grades and 4 - 6 grades. First and Second Place winners will be named in each category. Posters must relate to the theme. Posters must be on display during the month of November in a shopping mall, library, retail businesses or other place of public view. The size should be horizontal with the length no greater than 28 inches and height no greater than 22 inches. It should be no smaller than 14 inches in length and 11 inches high. Standard thickness poster paper is preferred. (Vertical posters will be judged but **NOT** considered for the calendar due to format requirements.) Any flat medium can be used (such as pen and pencil, crayon, watercolor, ink, oil, but no three-dimensional posters such as gluing products on to a poster) will be eligible. Each student is required to complete the enclosed information form and attach it to each poster entry. On the back of each poster.

All entries will be judged first at the County Farm-City Committee level with the first place winner in each county being submitted to the State Farm-City Committee. One entry per county may be submitted for judging at the state level.

Criteria for judging include: creativity, originality, neatness, overall appearance and relevance to the theme.

Deadline for entry at the county level is October 31, 2007. NOTE: Posters will be picked up from the schools on November 1 & 2, 2007.

Entries become the property of the Farm-City Committee of Alabama and may be photographed or reproduced in a calendar or any other publication as the Committee sees the need without further permission or monetary consideration.

The first place county winner will be given an additional form to complete for the state competition level.

Winners will be recognized at the Farm City Banquet on Thursday night, November 15, 2007 at First United Methodist Church in Tuscumbia, AL.

Happy Birthday to everyone in September



September is:

Baby Safety Week
Childhood Injury Prevention Week
Labor Day Holiday
Five-A-Day Celebration Month
North Alabama State Fair
National Food Safety Education Month
National Cholesterol Education Month
National Sickle Cell Disease Month

National Sewing Month
National Leukemia Month
Better Breakfast Month
Sight Saving Month
Muscular Dystrophy Month
National Emergency Preparedness Month
Library Card Sign Up Month

Recipe for the National Better Breakfast Month:

The Best Blueberry Muffins

1/2	cup <u>butter</u> or <u>margarine</u> , at room temp	1/4	teaspoon <u>salt</u>
1	cup <u>granulated sugar</u>	2 1/2	cups <u>fresh blueberries</u> or <u>frozen blueberries</u>
2	large <u>eggs</u>	2	cups <u>all-purpose flour</u>
1	teaspoon <u>vanilla</u>	1/2	cup <u>milk</u>
2	teaspoons <u>baking powder</u>		

For Topping

1	tablespoon <u>granulated sugar</u> , mixed with	1/4	teaspoon <u>ground nutmeg</u>
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- ✿ Heat oven to 375°. Grease 18 regular-size muffin cups (or 12 large size muffins).
- ✿ In bowl, mix butter until creamy. Add sugar and beat until pale and fluffy.
- ✿ Add eggs one at a time, beating after each.
- ✿ Beat in vanilla, baking powder and salt.
- ✿ With spoon, fold in half of flour then half of milk into batter; repeat.
- ✿ Fold in blueberries.
- ✿ Spoon into muffin cups and sprinkle topping onto each muffin.
- ✿ Bake 20 to 30 minutes, until golden brown and springy to touch.

