



The Clover Chronicle

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Message from Beth: *Why should I do a 4-H Project Book?*



4-H Agent, Beth Davis, completed a goal to participate in the Mebane on the Move 5K

I'm sure this is a question that many of you 4-Hers out there are asking yourselves. I realize doing project books is not the most fun thing in the world, but trust me, it will help you out BIG time in the future.

Parents—how many of you have filled out job applications, resumes, college applications and wished that you had all of your skills written down in one place? Wouldn't it be so easy

if all you had to do is look back and basically copy and paste what was already written down? That's one of the benefits of project books! They are like a timeline of what you've accomplished in 4-H. Those of you who have done project records, be sure to save them because you will need them!

4-Hers—how many of you wished you had more scholarship money in your account to help pay for Summer SHINE classes (formerly Summer Fun), or to help pay for Congress, Teen Retreat, or other district and state events? Yet another benefit of project record books is earning scholarship money! Additionally, if you are working on your Achievement Plan, doing a project book fulfills one of the requirements, again earning you more scholarship money.

Potential employers—how nice would it be to hire someone who knows how to set goals, accomplish them, and report them in a timely manner? Guess what? 4-H project record books help with that too! Getting in the habit of completing 4-H project books year after year teaches 4-Hers how to set goals for themselves, accomplish those goals, and write them down.

As you can see, there are many benefits to doing a 4-H project record book and these are just a few. Hopefully, I have convinced you 4-Hers to get started (if you haven't already) on those projects! If you need more convincing, please let me know! I'm happy to help!

Happy Fall y'all!

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=You can earn scholarship money for this



=This event/activity has a fee



=This is something you can put in your project book

4-H Fall Plant Sale



In order for Alamance County 4-H to continue our programming, we must have the funds to do so. To help us raise these funds, we are having a Fall Plant Sale.

Please promote this fundraiser as much as you can. As I said, this is how we are able to offer some of the things we do, such as scholarship money and awards. The deadline to order is **November 8** and the pickup dates are **November 15-16** at the Extension Office (8:30 am-4:30 pm).

The plants we are offering this year include:

- Apple Trees (\$18)
- Blackberry Plants (\$8)
- Fig Trees (\$8)
- Muscadine Vines (\$8)
- Peach Trees (\$18)
- Pear Trees (\$18)

You can pick up your brochure and order from at the Extension Office, or you can find it online at <http://alamance.ces.ncsu.edu>. Be sure to spread the word!

Upcoming Events & Activities

NC State Fair

October 11-21



The NC State Fair will be **October 11-21** at the fairgrounds in Raleigh. If you entered an item online and would like for Beth to take it to the fair for you, please have your items at the Cooperative Extension office by **Friday, October 5th**. If possible, please bring a printout of your entry confirmation.



Even if you didn't enter anything in the fair, try to make a trip to see everything. There is a lot going on **Friday, October 12**, so that's a great day to come. It is a lot of fun and you might get some ideas for next year! Don't forget, if you entered something in the fair, you can add it to your project book and/or Achievement Plan!

National 4-H Week— Open House/ Youth Vote



October 11, 3-6 pm,

Alamance County Cooperative Extension Auditorium

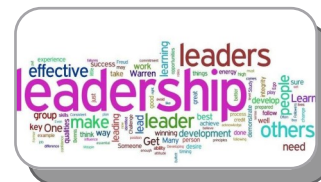
Come celebrate National 4-H Week on **Thursday, October 11 from 3-6 pm** at the Extension Office. There will be great citizenship opportunities as well as some time for FUN! At 3 pm and 5 pm there will be a round of Minute to Win It Games. At 4 pm, there will be a tree planting ceremony in honor of TJ Stecker, Jeremy Walker, and Justin Walker. TJ is the son of Chris Stecker, the Alamance County Extension Horticulture Technician. Jeremy and Justin are the sons of Paul Walker, Alamance County Livestock Extension Agent. We will be honoring these men for their service to our country by planting a Native Flowering Dogwood tree in their names. So come out and celebrate!

State Council Conference

November 3-4



State Council Conference is sort of a "mini-Congress." This conference is for 4-Hers ages 13-18 and will focus on the new state 4-H theme for the year. There will also be workshops on leadership and a dance on Saturday night. The registration deadline is **October 11** and the cost is \$115. You may use your county 4-H scholarship money to help pay your registration fee.



November County Council Meeting



Tuesday, November 6 @ 6:30 pm

Our County Council Officers have worked hard to plan their final meeting of the year, so we hope you will all be able to attend. The meeting is scheduled for **Tuesday, November 6 at 6:30 pm**. We will also be holding County Council Officer Elections at this meeting, so if you are interested in running for a County Council Officer, please let Beth know by **November 1**. You can complete an online nomination form at the following website: <https://docs.google.com/spreadsheets/viewform?formkey=dHlwY1hoWG9weIRGelBfyjlkSXZOdXc6MQ>. To be an officer, you must be at least 13 years old and have been in 4-H for at least one year. To be President, you must be at least 14 and in 4-H for at least two years.

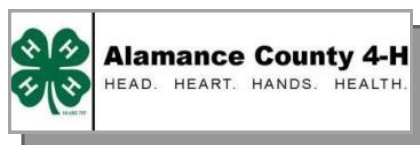
North Central Fall Day

Saturday, November 17, 8:30 am-3 pm

Alamance Community College

Fall Leader's Day is a fun-filled and educational day for 4-H Club Leaders and Volunteers. It is for leaders in the North Central District and this year, it will be held in Alamance County at Alamance Community College. There's no excuse not to come! The date for this event is **Saturday, November 17** and the day will begin at 8:30 am and end at 3 pm. There is no cost to attend. Leaders will have the opportunity to attend workshops where they can learn about new ideas to use in their clubs. They will also be able to participate in a business meeting and meet other volunteer leaders from around the North Central District.

Alamance County 4-H Clubs are being asked to provide baked goods for dessert and/or a Crock Pot of soup. For more information, contact Toni Stephens testephens@triad.rr.com.



Upcoming Events & Activities (continued)

Wreath Sale



In November, we will be selling Fraser fir and boxwood Christmas wreaths, as we have in the past. These wreaths come from Pardue Tree Farm and Nursery in Sparta, NC. They are a three generation family-owned farm and have been in the evergreen business for over 25 years. They harvest by hand the Fraser Fir and Boxwood boughs to make their wreaths.

Wreaths will be \$20 each and the deadline to order is **November 19**. Pick up will be at the Extension Office **November 29-30**.



Order forms can be found in our office or on our website: <http://alamance.ces.ncsu.edu>.

Cards & Cookies

Saturday, December 8, 9-11 am



This will be our 5th year of doing Cards & Cookies and we must celebrate 5 years of this awesome project! If you aren't familiar with this event, it's a morning of fun where all of our Alamance County 4-Hers can come together to make Christmas cards and decorate Christmas cookies for Allied Churches Homeless Shelter. If you are working on a project book, this would be good to put in your community service section.

There are many people that are served by Allied Churches so we'll need to have lots of cookies. There will be plenty of cookies already baked to decorate, but each family is encouraged to bring a batch already made and packaged (in baggies with 4 cookies). Feel free to decorate them at home, but avoid cookies with nuts. You can bring those with you the morning of Cards & Cookies, or you can drop them off the Friday before if you can't come. You can also make cards ahead of time. You might consider this as a November/December club project.

Cards & Cookies is a floating event, so come when you can the morning of **Saturday, December 8 between 9-11 am** at the Extension Office. The cookie decorating will be in the auditorium and the card making will be in the conference room. So be sure to bring your Christmas cheer and creativity with you!

Project Record Books & Achievement Plans

Due Tuesday, January 22 by 5 pm



EVERYONE should be working hard on their project record books! If you are new and just started 4-H, just ask Beth about project record books. Or you can just ask another club member or volunteer. These books are due to me by **Tuesday, January 22**, which is the day after a holiday (to give you plenty of time to finish up!). For more information and for project book forms, see this website: <http://www.nc4h.org/youth/awards.html>, and you can check out page 6 of the 2012 Awards & Incentives Handbook.

Project categories include: Animal Science, Citizenship & Civic Education, Communication Arts, Environmental Science, Family & Consumer Sciences, Healthy Lifestyles, Leadership & Personal Development, Plant Science, Science & Technology, and Discovery (for 9-10 year olds only). If you have questions about what category your project would be in, just ask!

If you have been working on your Achievement Plan throughout the year, those are due the same day as project record books. If you have any questions about the requirements or optional activities, please ask. Remember, you can earn big money in your scholarship account by doing these Achievement Plans!



Club & 4-Her Reports

Montessori Minds (M²) 4-H Club

You see that fine group over there? Yeah, that's the Montessori Minds 4H club. My friend Denise Marti, Head of School at Children's House Montessori in Burlington, expressed an interest in starting a 4H club and asked if I would help. I said yes.

We had our very first meeting in March and continued through May. During that time we talked about soil. We were able to give soil samples to Mark Danieleley at the Extension office. The children planted a garden of peppers, tomatoes, squash, zucchini and maybe one or two more vegetables. We took a break for summer and just started back in September.

This season we are focusing on animals. At our first meeting back we talked about wolves. Did you know that a wolf's tail is used to keep his face warm in the winter? It's that long and that fluffy. Next up, Lemurs!

So fellow 4Hers, meet the Minds or M². Minds, welcome to 4H.

by Pam King, Volunteer Leader



Members of the Montessori Minds 4-H Club!



Alamance County Shooting Sports 4-H Club

This past summer I went bow fishing. I enjoy both archery and fishing. I discovered a way to incorporate both activities into one sport. My dad bought a bow fishing reel for my birthday and took me to an area of Falls Lake that is very grassy. We hunted carp that were feeding in the thick grassy area. I shot five carp that were between fifteen and twenty pounds each. We used the carp meat for catfish bait. I enjoyed this experience because I like being able to do both archery and fishing at one time. I look forward to the next time I am able to bow fish.

by Jacob Bost



North Central District 4-H wants to Sock It To 'Em

Together let's help keep our military men and women in clean socks! We are collecting clean, white tube socks for the troops. * **We ask that all socks be at least 70% cotton!** *



Donation Drop Off: Alamance County Cooperative Extension Office, or any North Central District event between now and **April 30, 2013!**

For more information contact: Meaghan Gerringer, Alamance 4-H County Council President.
@ mng4-h@live.com

Club & 4-Her Reports

Citizenship and More Citizenship

One thing I know a lot of 4-Hers have a hard time achieving is citizenship. It is hard, sometimes, knowing where to put a certain activity in your project record books. But, I bet you are doing plenty of citizenship, you just don't realize it! Well, here are some ideas that are great citizenship activities for your project record books. I thought I would share them since project record books are right around the corner. You can also get more from Beth Davis too! You could visit government places or sites, like Washington DC. You could visit state or national historic sites or monuments or participate in county, district, or state 4-H officer elections. Even if you just encourage your parents to vote, that is citizenship! You could always lead pledges at your club or county 4-H meetings, write letters and send packages to troops. See? There are a bunch of ideas! Finally, Alamance County 4-H is going to have a youth vote in October, so stay posted for more information. I hope this helps you get more citizenship into your project record books!

by Sarah Kenney



Alamance County 4-Hers, CJ Sanchez and Caroline Newlin learn to fold the US flag at the September County Council meeting.

Bioluminescence Science Club

Join us for our first ever 4-H Science Club meeting. We are looking forward to learning great things! Our first meeting of the Bioluminescence Science Club will be on

Tuesday, October 16

from 6-7:30 pm at the Graham Public Library. Our first meeting we will focus on Halloween science. We will meet the third Tuesday of every month. Once interest is determined, we will set up a location. If interested, please contact Hope Morgan (336-264-4383) or jopsey@gmail.com

by Hope Morgan, Volunteer Leader



Congratulations!

We are very proud of the accomplishments our Alamance County 4-Hers achieve. Here are a few individuals that have done great things over the past few months. Be sure to congratulate them if you see them. Great job!

- **Davis Jackson**—State Gold Medal Winner in Beef Char-Grill (ages 11-13)!
- **Sarah Kenney**—Selected as a delegate to attend National 4-H Congress in Atlanta, GA in November!
- **Alexandria Reagon**—Selected to serve as a Governor's Page during National 4-H Week in October.
- **Madison Sifford**—State Gold Medal Winner in Crop Production & Utilization presentation category (ages 9-10)!
- **Zoe Steenwyk**—State Gold Medal Winner in Science & Technology presentation category (ages 9-10)!
- **Nathan Troxler**—Selected as a delegate to attend National 4-H Congress in Atlanta, GA in November!



Calendar of Upcoming 4-H Events

Due to major changes in the 4-H Calendar Year, we have not set a date for many of our spring events. Be sure to check your weekly emails for that information.



- **January 22**—Project Record Books & Achievement Plans DUE!
- **February 1-3**—Volunteer Leader's Conference in RTP
- **February 25**—Cumulative Records DUE!
- **March 18**—Spring Leader Meeting
- **TBA**—Winterfest
- **TBA**—Celebration Night
- **TBA**—Nutrition Fair
- **TBA**—Teen Retreat



Spotlight on Extension

4-H is just a part of Cooperative Extension. There are many other events and activities that go on in Extension. Listed below are a few that you might be interested in. Keep an eye on our website for more upcoming programs!

- **Cooperative Extension Office Closings:**

November 12, 2012—Veteran's Day

November 22-23, 2012—Thanksgiving

December 24-26, 2012—Christmas

January 1, 2013—New Year's Day

- **Paint & Pesticide Collection Day—**

Saturday, October 20, 2012, 8 am-1 pm

- **Master Gardener Class**—Applications for the Class of 2013 are now being accepted. Cost for the Master Gardener Manual, materials and the 14-week course is \$100.00. The course covers: Soils and fertilizers, plant ID, landscape design, lawns, pruning, fruits and vegetables, woody plants, annual and perennial flowers, insects, plant diseases and integrated pest management. For more information, please contact Chris Stecker, Horticulture Technician at 570-6740 or christine.stecker@alamance-nc.com.
- **10% Campaign information**—This is a statewide initiative that promotes locally grown food, farmers and the businesses and people who grow, prepare, distribute and sell food in North Carolina. The goal is to encourage individual and business consumers to commit 10% of their existing food dollars on locally produced foods. Check out www.nc10percent.com for more information.
- **Locally Grown**—Looking for local farms and food in Alamance County? Visit our website for more information!

<http://alamance.ces.ncsu.edu/2012/09/local-foods-news/>



Cooperative Extension's Youth Development Program

Alamance County 4-H

209-C N. Graham-Hopedale Rd.

Burlington, NC 27217

<http://alamance.ces.ncsu.edu>

Phone: 336-570-6740

Fax: 336-570-6689

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