



# The 4-H Messenger

*Providing Athens-Clarke County Middle School students with the Latest 4-H News!*

On the web: <http://www.tinyurl.com/clarke4h>

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**2019 October**

**Issue # 2**

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## **Peanut Recipe Contest for Middle School**

There's a peanut recipe contest for middle school students too. Instead of making a sandwich, this time you will submit a recipe for an uncooked snack that contains a peanut product.



The recipe should yield 1 serving and it must contain at least 1/4 cup of peanuts or 2 Tablespoons of peanut butter or other peanut product. The peanuts can be any kind: raw, roasted, salted, dry roasted, chopped or ground. Peanut butter can be creamy or crunchy. You may also use peanut powder as well as peanut candy, or a combination of peanut products.

Recipes have three parts: a title, a list of ingredients, and directions on how to combine the ingredients to make your snack. Please carefully compose your recipe listing the amounts needed of each ingredient and explain the process for mixing or assembling your peanut creation.

Judges will review the recipes for nutrition, appeal, creativity, and content. Winners are selected as follows: One overall winner, and one in each of these categories—most nutritious, most unusual, and most creative.

Submit your completed recipe by email to: [mfelton@uga.edu](mailto:mfelton@uga.edu) by **Friday, November 15**. Please type "peanut" in the subject line. Be sure to include your full name, grade and school that you attend with your recipe.

This is an easy way to add to your 4-H portfolio if you are planning to compete at project achievement



# Junior/Senior Project Achievement

Do you want to spend the weekend of March 6-8 at Rock Eagle? Do you want to have a chance to re-connect with your friends from across the district and the opportunity to make tons of new friends? Participating in Project Achievement will earn an all-expense paid weekend at Rock Eagle for 7th

through 12th grade students.

Project Achievement is one of the most note-worthy 4-H competitions in the Georgia 4-H program. This event allows 4-H'ers to develop both oral and written communication skills, while giving them the opportunity to investigate or research a topic of their interest. Project Achievement for Junior and Senior 4-H'ers is a two part process involving the preparation of a 4-H Portfolio and a demonstration (6-10 minutes for Juniors and 8-12 minutes for Seniors) in one of the many project areas offered through Georgia 4-H. The 4-H portfolio is a written record of their involvement in their selected project area and other activities. By preparing a portfolio, young people learn the skills needed to complete resumes, college applications and scholarship applications.

## So what is a portfolio and how do I get started?

A portfolio is similar to a resume. It is a documentation of your work and activities from the past calendar year beginning January 1 and ending December 31, 2019. Learning and leadership activities that you have done in your project area, 4-H experiences, community service, and leadership should be included in your portfolio.

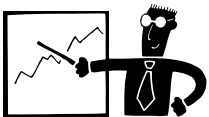


The portfolio is your ticket for the weekend at Rock Eagle in March and must be completed and submitted in December so the time to start working on it is **NOW!** Your 4-H leader has handouts for you including project listings, portfolio tips and guidelines, and an outline to get you started. For detailed instructions select the project achievement tab at:

<http://www.tinyurl.com/clarke4h>

## Call the 4-H office to make an appointment for help in preparing your portfolio.

Now is the time to begin working on your portfolio. The 4-H staff is available to guide you through the portfolio process but we can't help you if you don't communicate with us. We would prefer for you to make an appointment and come to the 4-H office but we can also work with you via email.



## After the portfolio is done, then what?

When the portfolio is completed you should turn your attention to your speech. The 4-H staff is also available to assist you with your presentation but you can't wait for the last minute. If you need assistance, January is the time to ask for help with your presentation.

# Cloverleaf Project Achievement

County Project Achievement is a fun opportunity for **6th grade 4-H'ers** to share and compete with one another by choosing a project and presenting a demonstration with visuals. This event will take place on **Saturday, February 8th at Clarke Middle School from 9:30 am until 12:00 pm**. Any 6th grade 4-H'er who wishes to compete in this activity will need to sign up during their 4-H meeting, call the 4-H office at 706.613.3640 or email Ms. Conway at [ebarber@uga.edu](mailto:ebarber@uga.edu).

More detailed information along with the project list will be presented during the October and November club meetings. Winners from the county competition in February will earn the opportunity to compete at Cloverleaf District Project Achievement on March 21st in Jackson County. The project list and detailed information about project achievement is available on our web site. Select the project achievement tab at:

**<http://www.tinyurl.com/clarke4h>**

Staff members at the 4-H office are available to help you. We are not going to do your research or write your speech for you but we are available to guide you through the process. Select your category, gather your facts and then make an appointment to come to the office for assistance in preparing for the competition.

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## 4-H Judging Teams

Three of our judging team competitions take place in the fall and students have been busy preparing for them. In consumer judging students are learning to compare products for the best choices and will go to competition on October 30.

In wildlife students are studying habitat requirements for a select group of native species and learning how humans can make changes to help those animals thrive. They go to competition on October 26.

Our forestry judging team studied about insects and diseases of trees and also tree identification and recently went to the competition recently in Jackson county. We do these competitions every year and we hope that you will consider being a part of one of these teams next year.





## Is LifeSmarts for You?

Have you ever wanted to be part of some of the 4-H team competitions but couldn't fit it into your busy schedule? Or maybe you didn't have a way to get to the 4-H office? Perhaps LifeSmarts will work for you! This is a relatively new competition but it is growing every year. Last year there were about 20 teams in the entire state.

LifeSmarts is a valuable program sponsored by the National Consumer League and their mission is to help people learn very useful information in the topic areas of **health and safety, personal finance, consumer rights and responsibilities, the environment, and technology**. All you need to participate in this competition is an email address and a device with internet access—you can connect with a computer, tablet or smart phone.

There are lots of practice quizzes and other resources to help you learn information in these subjects. You can get started exploring the site today! Then in January you would log on and take the quiz in each of the subject areas. The 4 highest scores make up the team and the top 4 scoring teams in the state are invited to an in person competition on February 17 (that's a school holiday!).

Here's how to get started;

- Visit [www.lifesmarts.org](http://www.lifesmarts.org) and sign up.
- To register you will need an email address and provide basic information like your name, and grade in school. In type of team that you are registering for click on JV 4-H. (high school students make up the varsity teams)
- Establish a user name and password so that each time you return to the site to study, take practice or competition quizzes you can log in and be credited for your work.
- Once you have completed the registration process, send an email with your name, grade, and school to Ms Felton who is our ACC coach ([mfelton@uga.edu](mailto:mfelton@uga.edu)). She will then make sure that you are added to the correct team.
- The on-line competition quizzes are multiple choice questions.
- The February in-person competition is a quiz bowl type where you buzz in with answers and participate in some team activities



If you or your parents have questions about this program please contact us at the 4-H office. We hope that you'll find the time to join this fun learning experience.



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