



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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ACC 4-H Cloverfest

Students from all over Athens Clarke-County came together to participate in Cloverfest! Our annual fall festival hosted by ACC Senior 4-H'ers. These students were able to participate in smoothie making, learning about bee-keeping, communication, and the water cycle! Make sure to join us next year for our annual fall festival Cloverfest!



Junior/ Senior Project Achievement

Do you want to spend the weekend of March 1-3 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 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 documentation of your work and activities from the past calendar year beginning January 1 and ending December 31, 2023. Learning and Leadership activities that you have done in your portfolio 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 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 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 visual. This event will take place on **Saturday, February 10th at the ACC Extension Facility from 9:30 am-12:00pm.** Any 6th grade 4-H'er who wishes to compete in this activity will need to sign up during their 4-H meeting or call the 4-H office at 706.613.3640 or email Ms. Conway at **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 23 in Jackson County. The project list and detailed information about Project Achievement is available on our website. 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.

NE District Trivia Tournament!

The Elite NE Trivia tournament will be held on November 20th at the Jackson County Ag facility, 10:00am-4:00pm. This is a fun laid back competition in which teams of 4-H'ers compete for the Trivia Championship Belt, currently held by Jackson County.

4-H'ers in grades 6th-12th are invited to take part. There will be lunch and an exhibit fair (very helpful for those working on their portfolios). Sign up

before November 6 by emailing Ms. Conway: **ebarber@uga.edu** or call

(706)613-3640.



Peanut Recipe Contest for Middle School



There's a 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 ingredients 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 at the November/ December Middle school meeting. Be sure to include your full name, grade, and school that you attend with your recipe.



This is an easy way to add t your 4-H Portfolio if you are planning to compete at Project Achievement.



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