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Peanutrition Contest—Nov 18

Make Your Fav Peanut Recipe!!

Peanutrition Official Rules: Each participant must submit a recipe for his/her favorite peanut butter sandwich in the county contest. Before the recipe may be submitted, 4-H'er must make the sandwich and ask another person to taste it. Any recipe with inedible items will be disqualified. The recipe should list ingredients yielding 1 sandwich, as well as directions for assembling the sandwich. Recipes will be judged on taste, appeal and appropriateness for category. Winners will be selected in a county contest as follows: One overall winner and winners in the following 4 categories:
 Most Nutritious Most Unusual Most Ingredients Messiest

Turn your recipe into your homeroom teacher before 9:00 a.m. on November 18. Teachers will send all recipes to the front office. Bryan County 4-H Staff will pick up all entries from each school. Finalist will be notified and a taste test competition will be held on November 30. Further instructions will be sent to the finalist. 4-H'ers interested may call the 4-H office with questions.

Clover Connection

Bryan County 4-H Newsletter

November 2011

My Next 4-H Meeting is

Christmas in Pembroke
 Festival, Parade & Fun
 December 10, 2011
 Downtown Pembroke
 Parade begins at 11am!
 Booths open at 9am!
 Arts& Crafts, Food Entertainment,
 Car Show, Motorcycle Show,
 Decorated Bike Contest
 (1st–6th grade)

Georgia 4-H Week Poster Contest Winners

BCES:
 1st place ~ Dy'Amond McGhee
 2nd place ~ Zach Anderson
Carver:
 1st place: Jaylin Cantwell
 2nd place ~ Sabelle Ingram
 3rd place ~ Will Web

COMING SOON:
 Need a Computer Contest—Nov 15
 Peanutrition Contest—Nov 18
 28th Pembroke Christmas Parade & Festival
 December 10, 2011
 District Project Achievement
 March 24, 2012—Emanuel Co.
 Find ways to keep 4-H involved in your
 Community's events! Let us know!!

Good Posters Make Us....Stop, Read, Remember

Effective Poster:

Attract attention, focus on a main interest or idea and leaves your audience with wanting to know more.

Planning Posters.....

- Consider who your viewers will be & decide what you want them to know
- Make a small rough draft, draw your ideas on a smaller paper BEFORE you draw it on your poster.
- Remember that this type of visual communication is an aid to what you are trying to teach with your presentation.
- Check grammar and spelling.
- Use a computer or stencils to make your letters neat.

Good Posters Should.....

- Attract the audience's attention.
- Focus on a main idea or interest.
- Display key words and pictures that work together.



- Have words that are large enough to be seen from the back of a classroom.
- Add interest and sparkle to your overall presentation.

Choosing Colors:

Consider the Contrast-this means you use dark letters on a light background, and light letters on a dark background.

For the most important items use a color that stands out.

Avoid using too many different colors.

Two or three should be enough. This is for the purpose of letters and backgrounds. Color photos or clipart may be added to enhance your posters. Be sure that letters and photos do not overwhelm your main point!

Tips for Speaking in Public

- Know your subject matter—pick something that you are really interested

in. Know your speech-Practice, practice, practice.

- Have a backup, in case you forget what you want to say—in most cases it is fine to have note cards to refer to when you are delivering your speech.
- Realize that the audience isn't so special—remember that most people are just as nervous as you or have been as nervous as you in the past.
- Take time to get settled and comfortable before the speech begins.
- Look directly at your audience and don't rush into your speech. Stand straight and use hand gestures only when you are making a point.
- Show energy and enthusiasm!! If you are excited about your presentation then others will be excited too
- The most important thing to remember is.... Be yourself and have FUN!!



PROJECT S.A.F.E. is "On TARGET"



Project SAFE "Shooting Awareness, Fundamentals and Education" has two components in Bryan County: BB & Shotgun. The BB team is open to students in the 5th through 8th grades. For the Shotgun team, all 4-H'ers in the 7th grade and above are eligible to compete. Archery is for 4-H'ers in 6th grades and up.

Volunteers are always needed in each program.

Sign-ups for North Bryan Project SAFE BB team will be November 7th from 6pm to 7:30pm at the 4-H office in Pembroke. South Bryan will be November 14th at 7:00 at the Kilkenny Fire Dept. South Bryan Archery sign-up begins in January. Shotgun sign-up

will be announced later. For more information, call the 4-H office.

"Keep Your Mind Focused on the Target if You Want to Hit the Bull's-eye!"



"Up & At Em' Toys" Donations Needed

Community service is an easy way to earn points for your club and yourself each month. It is also a way to help those less fortunate than yourself and for you to have a sense of generosity.

We are collecting "Up & Em' Toys" in October and November to be given to the Bryan County Family Connection

Toy Drive. We are asking 4-H'ers and family members to donate toys that make you move: jump ropes, balls, Frisbees, etc. You may also chose to make a financial donation.

Each club should have a collection box in their classroom. You will earn 1 clover coupon for each item you bring in. We will take up the donations at

your next club meeting. The class with the most donations will receive a special reward.



Parents: Please read this newsletter with your child each month so that you are aware of the programs and activities that are available. Please sign and have your child bring this slip to the next 4-H meeting to be entered into a prize drawing.

Parent Signature: _____ **Date:** _____

Student's Name: _____ **Teacher:** _____