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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

October 2011

My Next 4-H Meeting is

### Pumpkin Carving Contest

Carve a pumpkin and take it to the North Bryan Chamber of Commerce office in Pembroke on **Oct. 29** between 4-6pm. Categories include: Youth (up to 18), Adult, and Family. All entries will become a part of a *Halloween Spooktacular* at the downtown park that evening. Judging begins at 6:00 p.m. Winners will be announced after judging. Sponsored by The North Bryan Chamber of Commerce.

### 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!!

## How to Do A Demonstration

For an oral presentation to be effective, you must first begin with a focused topic. Choosing a topic is an important first step in the speech planning process. Your topic must reflect your passion, must interest your audience, and must be presented in the time limit you are allowed. For the best demonstration, you should use descriptive words, use a visual theme throughout the speech, and change your speech using lots of expression to emphasize points or to create excitement. You want to get your audience's attentions in your first sentence and leave them wanting to know more.

When choosing a topic, consider things that you already enjoy doing, that you already know about, or that you would like to learn more about. Stick to one subject, such as Human Development presentations on "How to be a Good Baby Sitter," General Science presentation on "Cloud Formations," Entomology on "Bee Keeping," Crafts on "How to make Sand Art," Health on "Preventing Sports Injuries," Ocean Ecology on the "Marine Food Chain," or Sports on the "Rules of Football."

Once you have selected a main topic, you should then brainstorm by writing down all that you know about the topic. You can use a web worksheet to help with this. Then decide which subtopic you want to use.

You should do research on your



topic to learn more about it. Good sources of information are: school library, county library, websites, teachers, parents, family members, neighbors, friends, companies, Encyclopedias, webpages, newspapers, books, and magazines. Parents, friends, teachers, family members, and neighbors may also know a lot about the topic so you could interview.

While doing your research, you will want to take notes. When doing research, use caution in choosing your sources. You need to determine which sources are more credible. A credible source is a trustworthy source... a source you can believe. Look for websites that end in .edu, .org, or .gov rather than .com or .net. Avoid Wikipedia because anyone can add to it. You should attempt to use a wide variety of materials. The more resources you use, the better your speech will be.

**Every Presentation has three parts: The Introduction, main part or Body, and the Conclusion or Summary**

### Introduction:

Tell your name and why you chose the topic. For example, "I am \_\_\_\_ And today I am going to give a presentation on "How to Care for your Cat". I chose this presentation because."

Gets the audiences' attention (give a quote, surprising fact, ask a question, relate a personal experience, exclamatory, etc.). Make sure

the audience knows what the speech is about and why you chose it.

### Body:

This is where you get into the "meat" or the most important part of your speech. Try to list 3-5 main points you want to make about the topic. In this part, show & tell about each point. Tell of your experiences in this project. If you are giving steps, or how to do something, this is when you let the audience know every detail.

### Summary/Conclusion:

End your presentation by reviewing the important points of your presentation, tell the audience what action you want them to take, and relate back to the introduction. Make it brief and interesting to the end. A speech would be left hanging without the conclusion.

### Prepare Your Visuals:

Sometimes, you have to see it to believe it, or to remember it! That's why you'll want to have posters as part of your 4-H Presentation. Your posters help you show and share your ideas with others.

**Do not rely on written text in giving the presentation.** Become familiar and knowledgeable about your topic. Posters can be used to keep you from getting lost while giving your presentation. Using key words and phrases on your posters, can tell you what you need to talk about or explain next. Well organized posters will help your presentation go smoother.

## 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 choose 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:** \_\_\_\_\_