

NEWS FROM

The Cloverfields of Chatham County



December 2015

From your 4-H Program Staff...

We are so excited to bring to you a double issue this month, featuring our 2015 Year in Review! Inside, you will also meet our new clubs that formed this year, and this month we are focusing on community service—from what our 4-Hers are doing in the community to what options are out there for our members to try!

We all support and care for each other, and, at the holidays, we should remember those less fortunate in our community and do what we can to help make their holiday a little better. This month, we challenge all of our 4-H members to ask themselves: *What can I do to make a difference in Chatham County?* Even if it's just one small thing for a friend, family member or animal, that difference matters!

*Sincerely,
Ginger & Carolyn*



*Thanks to our
wonderful and generous 4-H sponsors:*



'Tis the season... ...for giving back!



As part of the 4-H annual charter for each of our clubs, the club is required to decide and perform at least one act of community service. The members are a part of deciding what they feel would make the most impact and that they would like to help with.

The acts and projects that were chosen by each club this year were as varied and diverse as the clubs who make up our 4-H program. We are so proud of the things they have accomplished through their service. The Low Riders spent one of their club meetings assembling kits of assorted toiletries and everyday items that members would then give out to the homeless. They also are plan-

Above: The Low Riders put together goodie bags to give out to the homeless as a community service project this November.

ning a trip to the Ronald McDonald house to help bake cookies this winter.

The Horsekateers volunteered at a horse show giving out ribbons in the arena and have done work at the NC Therapeutic Riding Center in previous years.

In December, the Lucky Clovers will be going to the Chatham County Center for Aging to play Bingo with the older adults served there. They are bringing a variety of fun prizes.

This is just a sampling of the ways our clubs are giving back this winter!

NEW KIDS ON THE BLOCK

Meet our new clubs, founded this year in Chatham County!
We are so very excited to have them as a part of our program!

WILD PONYTALES

The Wild Pony Tales is our youngest horse club, with many horse crazy members! They are enthusiastic about showing and learning more about horses and are all about hands-on learning. We can't wait to see what they do!



4-H ROBOTICS

Our new Robotics club is an after school club based at Willow Oaks Montessori. They will be learning how scientists work through problems and find unique solutions. Using everyday items, they'll learn to engineer their way to new creations!

4-H Pollinators

Our Pollinators group just had their first meeting in November and will be meeting at Woods Charter. They will be learning about bees and other pollinators, how they are an integral part of our ecosystem and how we can help through beekeeping and other methods, like planting pollinator friendly plants.



LUCKY CLOVER SHOOTING SPORTS



Our new Shooting Sports club will begin meeting this winter and will start by learning about archery. They are very excited to get started.

IF YOU ARE INTERESTED IN JOINING ANY OF THESE CLUBS, PLEASE GIVE US A CALL AT (919) 542-8202 OR EMAIL CAROLYN AT CAROLYN.JOHNSON@CHATHAMNC.ORG

“...My hands to larger service... ...for my club, my community, my country, and my world.”

We all know those words well, as part of the 4-H pledge. They are recited by every member of every club at every meeting. This focus on community service dates back to the very early origins of 4-H itself and is rooted in the core of 4-H values.

In 1904, a man named Cap E. Miller was the superintendent of the Keokuk County in Iowa, and he urged his teachers to promote clubs and teach farm subjects. At the time, people saw no future in farming and in rural living, as many young people moved into cities to look for jobs. Mr. Miller's plan was to sponsor a county organization of boys and girls with officers and educational programs. Youth would learn by doing through projects, group meetings, and exhibits. Community service provided active learning and encouraged interaction between youth and adults and produced results that youth could see in their community. His clubs were the first county-wide organization, and the principles that he used have continued to be a part of our modern 4-H organization.

While community service comes into the spotlight during the holidays for most people, for 4-Hers, it is a focus all year round. Community service can be done on many levels, from local all the way to world wide. On this page, we have listed some ways you can help, both for the holiday season and for the rest of the year, both locally and globally. Pick something that calls to you to help out and see the difference you can make in the world!

SO YOU WANT TO VOLUNTEER, BUT YOU DON'T KNOW WHERE TO START?

HERE ARE SOME IDEAS OF WAYS YOU COULD MAKE A DIFFERENCE:

- Write letters to deployed service members (OperationGratitude.com)
- Volunteer to help out with Special Olympics
- Like animals? Volunteer at a local animal shelter or rescue group. Or certify your own dog as a therapy dog to visit hospitals and nursing homes.
- Make treats and deliver them to your local police or fire station.
- Learn to knit scarves and donate them.
- Help pick up trash in your neighborhood or favorite park. It's best to do this wearing gloves!
- Form a band or acting troupe with friends and put on a free performance at a daycare or senior center.

Local ways to help this holiday season:

DSS Christmas Wishes: Many of our clubs are already participating in sponsoring presents for kids in need, but general donations of new toys, books, mittens, hats, art supplies, etc. are needed for their Christmas Wishes distribution. They also need supplies for their adult program to help meet the needs of elderly and disabled adults. Donations of the following items are appreciated: toiletry items, clothing items and gift certificates. A collection box is located in the lobby of the Cooperative Extension office, to collect gifts until December 11th.

CORA Food Pantry: Chatham County's local food pantry provides emergency food assistance to families and children in need. You can help by donating shelf stable food (canned fruits, vegetables, soups, boxed cereals and pastas, flour, etc.). Many neighborhoods have a collection point for food donations. More information on their current needs and where food can be dropped off at is located at corafoodpantry.org!

Salvation Army & WRAL's Coats for Children Campaign: If you or a family member has a coat you have outgrown that is still in good condition, you can donate them to kids who may not be able to afford them. There are many places around the Triangle, including the First Citizens Bank in Pittsboro, where coats are being collected until January 1st. More information can be found at WRAL.com. They also need help sorting the coats on January 9th at Wake County's Salvation Army if you are interested in helping!



WHAT HAPPENS IN A YEAR

January

In January, our 4-Hers turned in their project record books for the previous year's work. These record books give members a chance to reflect and document their accomplishments over the year. We also participate in the North Central District's Winterfest—a day of service projects and workshops! Throughout these winter months, we also assist in teaching SNAP-Education at a local elementary school to second graders.



February

It's time for our District Horsebowl! The club based teams participate in this knowledge based competition and show they are equestrian geniuses. In February we also host our 4-H Achievement Night, and award our members who have accumulated the most Points of Success.

MARCH

March rolls in as our Horsebowl teams advanced on to the State level of competition, and while we continued working with SNAP-Ed in the elementary schools, our 4-H program also worked to bring Embryology learning to the classrooms of Chatham County. Chatham County also had members participate in the State Dairy Judging Contest, and members who went to the NCD Teen Retreat at Betsey Jeff Penn 4-H Center!

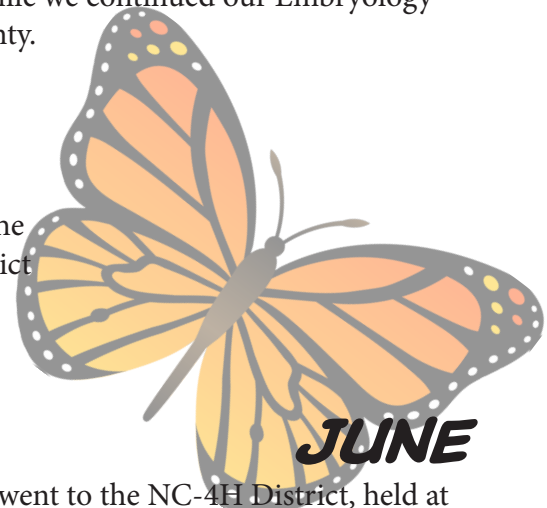


April

County Activity Day was held at the Ag Building in Pittsboro in April, giving our talented 4-Hers the chance to share their visual, performance and public speaking talents. Our members also participated in the Spring Holiday Classic horse show, as well as the State Horse Judging contest, while we continued our Embryology program in the classrooms of Chatham County.

May

In May, spring has sprung and we begin our 4-H Butterfly Program in the schools. Our members also took their horses to the North Central District Horse Show to compete in English, Western and Games disciplines.



JUNE



Summer started when our members went to the NC-4H District, held at NC A&T University in Greensboro, which, like County Activity Day, allowed them to share and practice their presentations and public speaking skills. June also saw 4-H Adventures Day Camp program at the Northwest Park, where members spent the day making crafts, learning about the environment, building robots and having fun!

WITH CHATHAM COUNTY 4-H?



july

July was a very busy month for our 4-Hers! First there was 4-H Science Adventure Camp, a week of fun science based activities and field trips, culminating in a sleepover at the NC Aquarium. Our 4-Hers competed at the State Horse Show in Raleigh this month, while members attended 4-H Congress and 4-H Electric Congress, both educational events where members attend workshops and network with other members. At the end of the month was two weeks at our residential summer camp held at Betsy-Jeff Penn, with many days of outdoor activities and learning.



August



In August, Chatham County's 4-H program got a new assistant. (Hi everyone!) Chatham County 4-H also assisted at Agriculture Awareness Day at Chatham County Community College. Members also participated in the NC Association of County Commissioners Youth Summit, an initiative to increase your involvement in county government.

September

Fall finally arrived in September with our Chatham County Livestock Show, where members presented their animals that they had raised and prepared to be judged on confirmation and exhibition.



OCTOBER

In October, 4-H was all about the State Fair! Between the livestock and equestrian competitions and presentations, the arts and crafts fair, the hay bale contest and all the other fair activities and fair food, our 4-H members had a blast and performed very well! We also held the first 4-H Fall Fun Day, full of science and fall outdoor activities.

November

November in the 4-H world meant 4-H State Council Conference. Held in Raleigh, this workshop-filled weekend was another opportunity for our older 4-H members to network, build leadership skills and learn about other opportunities in 4-H and the differences they can make in the world. November also saw Chatham County welcome in three new clubs that are working on getting chartered.

December

Winter comes around again, along with it the Holiday Classic horse show! Our clubs also spend this month gathering presents for the DSS Wishes program, which sponsors kids who would not otherwise be receiving presents this holiday season. 4-H also does a day of youth baking and decorating to celebrate the season!



Get Ready For Winter...

Weather Safety Tips For Your Pets!

Your pets feel the cold weather just like we do! Some kinds of pets are better adapted to deal with it than others, but we can help all of them cope better by taking a some extra steps in their day to day care and keeping an eye out for health changes or warning signs that something might be wrong. Always double check with a parent or guardian before attempting to change a pet's food or shelter on your own.



1. Keep pets indoors: Don't leave pets outdoors when the temperature drops. Exposed skin on noses, ears and paw pads can quickly freeze and suffer permanent damage.
2. Take precautions if your pet spends a lot of time outside: Give them a shelter that is large enough to allow the animal to sit and lie down comfortably but small enough to hold in body heat. The floor should be raised off the ground and covered with cedar shavings or straw. The doorway should be covered with waterproof burlap or heavy plastic.
3. Give your pets plenty of food and water: Pets who spend a lot of time outdoors need more food in the winter because keeping warm depletes energy. Use plastic food and water bowls; when the temperature is low, your pet's tongue can stick and freeze to metal.
4. Be careful with cats, wildlife and cars: Warm engines in parked cars attract cats and small wildlife, who may crawl up under the hood. To avoid injuring any hidden animals, bang on your car's hood to scare them away before starting your engine.
5. Protect paws from salt: The salt and other chemicals used to melt snow and ice can irritate the pads of your pet's feet. Wipe all paws with a damp towel before your pet licks them and irritates his/her mouth.
6. Avoid antifreeze poisoning: Antifreeze is a deadly poison, but it has a sweet taste that may attract animals and children. Wipe up spills and keep antifreeze (and all household chemicals) out of reach. Coolants and antifreeze made with propylene glycol are less toxic to pets, wildlife and family.
7. Horse owners: Be sure your horses have access to a barn or a three-sided run-in so they can escape the wind and cold. While not all horses will need to be blanketed, blankets will help horses keep warm and dry, especially if there is any rain or snow.

OLD-FASHIONED BUTTER MINTS

YIELD: about 200 bite-sized mints

PREP TIME: 15 minutes

TOTAL TIME: about 20 minutes

INGREDIENTS:

1/4 cup salted butter, softened

3 1/4 cups confectioners' sugar plus 1/4 cup+, if needed

1/3 cup sweetened condensed milk

1/2 teaspoon mint extract

food coloring, optional

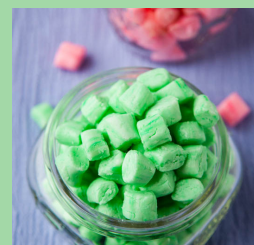
To the bowl of stand mixer fitted with the paddle attachment, combine butter and salt and beat for 1 minute on medium-high speed. Add 3 1/4 cups confectioners' sugar, milk, peppermint, and beat on medium-low speed until a dough forms. If the dough seems wet, add additional confectioners' sugar until dough combines. The dough will be crumbly but will come together when pinched and squeezed into a ball.

Taste the batter. If you want a more intense mint flavor, add additional mint extract, to taste. Be very careful how much mint you add; you cannot undo this.

Remove dough from the mixer, separate it into 1 to 4 smaller balls, and add one ball back into the mixer. Add the food coloring of your choice to the ball by squirting the droplets on top of the dough, mix until color is uniform.

After the dough has been colored, either wrap it with plastic wrap and place it in an airtight container in the refrigerator to be rolled out later or roll it immediately.

Place a golf-ball sized amount of dough in your hands and roll dough into long thin cylinders about 1 centimeter wide. Place cylinders on countertop and with a pizza cutter (or knife—be careful of your counter), slice cylinders into bite-sized pieces, approximately 1 centimeter long. Store mints in an airtight container in the refrigerator where they will keep for many weeks.



& Ring in the New Year!

New Year's Eve Around the World

In many places people stay up late to see the old year out and the new year in. Almost everywhere in the world church bells ring, horns toot, whistles blow, sirens shriek. London's Trafalgar Square and New York City's Times Square swarm with crowds of happy, noisy people. The hullabaloo expresses people's high spirits at holiday time. But how do other cultures celebrate the coming of the new year? And is it always on January 1st?

Many Chinese children dress in new clothes to celebrate the Chinese New Year. People carry lanterns and join in a huge parade led by a silk dragon, the Chinese symbol of strength. According to legend, the dragon hibernates most of the year, so people throw firecrackers to keep the dragon awake. In the Chinese lunar calendar each of the 12 years is named after an animal. According to Legend, Lord Buddha asked all the animals to come to him before he left the earth. Only 12 animals came to wish him farewell, and as a reward Buddha named a year after each one.

In Thailand, a special three-day water festival on April 13–15 marks Songkran, the Buddhists' celebration of the new year. Parades feature huge statues of Buddha that spray water on passers-by. In small villages, young people throw water at each other for fun. People also release fish into rivers as an act of kindness. At Songkran, people tie strings around each other's wrists to show their respect. A person can have as many as 25 or 30 strings on one wrist, each from a different person. The strings are supposed to be left on until they fall off naturally.

Ancient Greeks began their new year with the new moon after June 21. Before the time of Julius Caesar, the Roman new year started on March 1. In most European countries during the Middle Ages, the new year began on March 25, the day of the Feast of the Annunciation.

How do you and your family celebrate the New Year?

Many people take the New Year as a good time to change old habits or set new goals through a New Year's Resolution. We challenge you to make three New Year's Resolutions for 2016, one of which is 4-H related! Pick something you would like to accomplish in 2016, and make it happen!

1. _____
2. _____
3. _____

THANKS FOR READING OUR NEWSLETTER! HAVE SOME SUGGESTIONS OR IDEAS FOR THE NEXT ONE? EMAIL CAROLYN.JOHNSON@CHATHAMNC.ORG!

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December 4-H Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 4-H CLUB RECHARTER DUE!!	5 Winter Holiday Classic Horse Show ➡
6 ➡	7	8	9	10	11 Gifts due by noon to 4-H office for Chatham DSS	12
13	14	15	16	17	18 YOUTH HOLIDAY BAKING CLASS	19
20	21	22	23	24	25	26
			Office Closed ➡ 			
27	28	29	30	31	<div>For more details on any of these activities and dates, see online at chatham.ces.ncsu.edu or call 919-542-8202</div>	
GET READY FOR THE NEW YEAR BY FINISHING YOUR POINTS OF SUCCESS AND PROJECT RECORD BOOKS FOR 2015! THESE WILL BE DUE TO THE OFFICE ON JANUARY 15TH!						

Chatham County Cooperative Extension

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