

4-H Notes & Quotes

Arkansas County 4-H Newsletter

Volume 27, Issue 6

September 21, 2020



4-H MOTTO:

"To make the best better"

**ARKANSAS COUNTY
4-H COUNCIL OFFICERS**

Jr. 4-H Council Officers

Connor, President
Ellie, Vice President
Autumn, Secretary
Cole, Treasurer
Jaxson, Reporter

Sr. 4-H Council Officers

Magon, President
Chloe Belle, Vice President
Rob, Secretary
Mary Claire, Treasurer
Will, Reporter

Adult 4-H Council Officers

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Charles, Vice President
Heather, Secretary
Priscilla, Treasurer
Melissa, Reporter

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4-H is a **community**
of **young**
people
across **America**
who are learning
leadership,
citizenship and
life skills.

Dear 4-H Families:

4-H youth from across the nation will celebrate their achievements and promote 4-H work to family, friends, and community leaders during National 4-H Week October 4-10. This year's theme is "Opportunity4All." We challenge you to participate in 4-H Promotion Month activities while social distancing and wearing face masks.



4-H PROMOTION MONTH

Public health recommendations may limit in-person contact, but we are always here to help you. All October 4-H county events including the 4-H Appreciation Coffee, 4-H Hamburger Supper, and 4-H Convention are postponed until further notice. However, we can still promote 4-H in October! Take this opportunity to let others in the community know what 4-H is all about. As you are planning and participating in activities remember to include the news media and tell everyone about 4-H! Don't forget to share your news with the Extension Office too! If you need help with promotion items, call the Extension Office.

October 1-31

Share Your 4-H Experience!

We want to hear about your 4-H experience! Join in the fun and help promote Arkansas County 4-H with a video (no more than 20 seconds), a few written lines (no more than 30 words.) or photos of your project work. Upload your submission at:

<https://uaex.app.box.com/f/83b21ff3b54e45ec91dd46f9755dffad>

Please call the Extension Office, if you have questions.

Submissions will be featured during October on social media at:

www.facebook.com/Arkansas4H.arkansas.

Look us up on Facebook at:

www.facebook.com/Arkansas4H.arkansas

October 1-31

One Day of Service = A Month of Service (A.M.O.S)

A.M.O.S enables each 4-H member to recruit friends to help make their communities better through adopting a service project. "One Day of Service" will be any day in October that 4-H'ers choose! 4-H Promotion month is in October so what a perfect way to promote 4-H – by serving others. These projects can be done as individuals or as a group. Use social media to announce the event and post photos of 4-H'ers doing community service. When posting to social media make sure you use the hashtag #AR4H and tag @arkansas4h in your posts!

**** Due to Covid-19, please adhere to the COVID-19 restrictions and guidelines.****

October 4- Healthy Living Sunday!

Get ready for the week ahead by taking a moment to do something that makes you a little healthier! Share a picture or video of you doing some jumping jacks, fixing a healthy snack, or even going through a 4-H Yoga Flow. There are ideas for you at: <https://4h.uaex.edu/programs/healthy-living/default.aspx>. When posting to social media make sure you use the hashtag #AR4H and tag @arkansas4h in your posts!



October 5-Media Monday!

Let's share all about Arkansas 4-H through many media outlets! Provide the local newspaper with articles written by members, volunteers, alumni and donors; do a PSA about 4-H at your local radio station; or share a post/picture/video on social media that tells all about your 4-H experiences!

October 6 – 4-H Pets Day!

Do you have a pet (alive or stuffed animal!) that you want to show off? Maybe they even have a 4-H Clover handkerchief, collar, or toy?? Post a picture or video of your pet & tell us all about them! Remember to use the hashtag #AR4H and tag @arkansas4h in the post!

October 7 - 4-H Spirit Day!!!

(Show your 4-H pride & wear the Clover)

Advertise a wear green day, emphasizing the 4-H Clover! Have a 4-H mask? Be sure to Wear it! Use social media to announce the event and post photos. Encourage 4-Hers, volunteer leaders, and anyone involved in your 4-H program to post a picture or video on social media showing off their 4-H Spirit; make sure they use the hashtag #AR4H and tag @arkansas4h in the post!



October 8- Be a good Citizen Thursday!

Host an "appreciation day" for police officers, the fire department, elected officials, city/county employees, teachers, or others. This year, especially, it's

important to recognize the essential workers that have continued to help our communities thrive during the COVID-19 pandemic. Write letters or draw pictures for those essential workers, make a donation, or post on social media, tagging the group if you can, thanking them for serving your community well.

October 9-Donor & Supporter's Recognition Day!!!

Have 4-H'ers write thank you notes; mail them pictures or post pictures on social media of the past year's 4-H highlights. Tell them **Thanks for being a friend to 4-H**. If you post on social media, make sure that you tag your donors & supporter; then use the hashtag #AR4H and tag @arkansas4h as well!

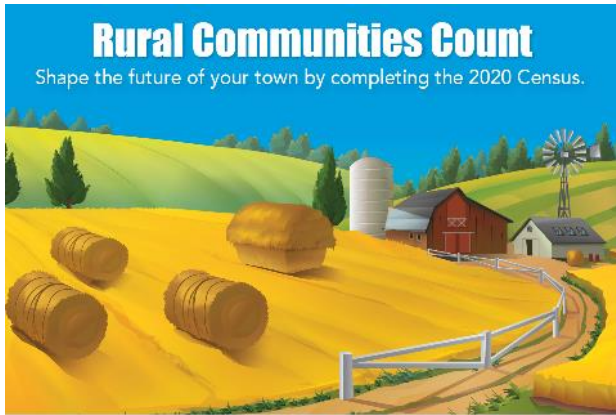
October 10- Local Restaurant Day!!!!

Select 2 to 3 restaurants in your county and place 4-H promotional place mats in the restaurants.

THE CONGRESSIONAL AWARD

The Congressional Award is the highest honor the United States Congress presents to America's civilian youth. It is an individual challenge open to all youth between the ages of 13.5 to 24 – regardless of background, ability, or grade point average. For more information about the program visit:

<https://4h.uaex.edu/youth/awards/congressional-award.aspx>



RURAL COMMUNITIES COUNT!

By completing your 2020 Census, you are investing in the long-term health and well-being of Arkansas communities and ensuring your community has the strong public health infrastructure necessary to respond to crises like the COVID-19 pandemic now and for years to come. You can complete your census online at my2020.gov or by calling 844-330-2020.

Visit our website at:

<https://www.uaex.edu/counties/arkansas/>

Community Conservation Project

Remember to continue saving aluminum cans, cell phones, and printer cartridges so, you can bring them to the Extension Office for recycling. This has been a great 4-H community conservation project! Proceeds go to the Arkansas County 4-H Council.



4-H ENROLLMENT

The Extension Office needs your updated contact information. All 4-H members and leaders should enroll in 4-H RegPack. Please take a few minutes to enroll. If your address has changed, please update your information. Visit <https://4h.uaex.edu> to see the new website & click on the JOIN tab to see the new 4-H Enrollment & Events System. For assistance, call the Extension Office.

4-H FACE MASKS AND WATER BOTTLES

To promote 4-H as well as health and safety, 4-H members can call the Extension Office to request a 4-H cloth face mask or a clear 4-H water bottle.



Please take extra care to maintain good practices such as maintaining social distance, wearing masks and handwashing. You can visit the Cooperative Extension website at: www.uaex.edu/COVID19 or call the Arkansas County Extension Office for information on COVID-19 related issues.



The Arkansas Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office as soon as possible. Dial 711 for Arkansas Relay.

Sincerely,



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