

The Monthly Clover

"I pledge my **HEAD** to clearer thinking, my **HEART** to greater loyalty, my **HANDS** to larger service and my **HEALTH** to better living for my club, my community, my country and my world..."



Volume 2, Issue 9

"H" Spotlight: HEAD RESILIENCY

10 Resiliency Tips



STAY FLEXIBLE

Resilient people expect to face challenges...

LEARN LESSONS

"When you have a negative experience, focus on the positive lessons you can learn from it"...

TAKE ACTION

Think about what you can do to improve your situation, and then do it...

STAY CONNECTED

Nurture your relationships with friends and family...

RELEASE TENSION

Make sure you have outlets to express your emotions and let go of tension...

LEARN HEALTHY HABITS

You'll manage stressful times better if you: exercise regularly, eat a balanced diet and take time to rest...

BELIEVE IN YOURSELF

Take pride in your abilities and what you've done...

KEEP LAUGHING

Hold on to your sense of humor even when times are tough...

BE OPTIMISTIC

A positive, hopeful outlook will make you much more resilient...

www.webmd.com

Agent's Clover

The North Carolina State Fair is the largest 11-day event in North Carolina. The theme of this year's fair is "Bumper Crop of Fun". A bumper crop is a slang term to describe an exceptional harvest. In 1853, the State Agricultural Society held the first State Fair. Today, the State Fair has become a traditional fall-time event that aims to educate all North Carolinians about the importance of agriculture to our heritage and our economy. The mission of the fair is to showcase and promote the state's agriculture, agribusiness, arts, crafts and culture through the annual agricultural fair.

As a 4-H'er, you can have your artwork, club hay bale, crafts, honey, photography or discoveries in entomology on display at the fair. You can do so by entering the general competitions. The deadline to enter is September 19th. Rules and regulations for competitions vary. For more details visit

<http://www.ncstatefair.org/2014/Competitions/Entering/documents/4-H.pdf> ...



PRUDENTIAL SPIRIT of COMMUNITY AWARD

Attention 4-H'ers: Are you a middle or high school student who's making a difference through volunteering? Apply for a 2015 Prudential Spirit of Community Award and you could win \$1,000 and a trip to Washington D. C. in May! For more information, visit <http://spirit.prudential.com/view/page/soc>. The deadline to apply is November 4, 2014. Don't miss out on this opportunity to inspire others to follow your example...

UPCOMING EVENTS

4-H VOLUNTEER CONFERENCE OF SOUTHERN STATES

Rock Eagle 4-H Center
350 Rock Eagle Road
Eatonton, GA 31024
October 2nd-5th, 2014

The Volunteer Conference of Southern States will feature more than 40 workshops, several Intensive Learning Labs, and lots of Creative Arts Workshops. The Keynote Presenter this year is Jones Loflin, a nationally renowned motivational speaker and author and an episodic 4-H volunteer in Davidson County. Full-time registration is \$295 and includes all meals and lodging in addition to a conference shirt. To obtain additional information or to register, visit <http://www.georgia4h.org/public/more/volunteer/RAVE/VolConference/default.html>.

CARWASH FUNDRAISER

Tractor Supply Co.
1701 NC Highway 86 S
Hillsborough, NC 27278
October 18th, 2014
9am – 12pm

We're inviting all Orange County 4-H'ers and volunteers to come and help out at our 2nd annual carwash at the Tractor Supply Co. in Hillsborough. Donations will be accepted to enhance programming and club initiatives in Orange County. 4-H youth and volunteers that come out to participate in the fundraiser for at least an hour will receive a ticket to the NC State Fair. Attendees are encouraged to wear the Orange County 4-H shirt or other 4-H attire. Invite your friends and family out to help us "make the best better" in Orange County...

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



Orange County 4-H

Sheronda Witter

4-H Youth Development Extension Agent

306-E Revere Road

Hillsborough, NC 27278

Website: <http://orange.ces.ncsu.edu>

Facebook: <http://www.facebook.com/4HOrangeNC>

Phone: (919) 245-2050

Fax: (919) 644-3067