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Jo Daviess County 4-H Cloverbuds

Welcome to 4-H! I am so excited to have you as a member of a very important group of 4-H'ers called Cloverbuds. As a Cloverbud, you are a REAL member of your 4-H club.

You get to meet new friends, go new places, and participate in lots of 4-H activities with the rest of your group. As a Cloverbud, you have taken the first step in learning about all the things there are to do in 4-H.

Then, when you are 8 years old, you will be ready to step up to the next level and to take on 4-H project work. In 4-H our motto is LEARN BY DOING! So each newsletter will contain some fun activities that you can share with your family. It will have new recipes, ideas, and things to share.

I am excited about the 4-H Year! Are you?

Angela Miller

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Winter Temperature Fun Facts

- The lowest temperature ever recorded was at Vostok Station in Antarctica. On July 21, 1983, it was -98.2 degrees Celsius (-128.6 Fahrenheit) there!
- Some of the other coldest places in the world are Russia (specifically Siberia), Finland, and Mongolia.
- The months December, January, and February are winter months in the Northern Hemisphere, but in the Southern Hemisphere (for example, in Australia) the coldest months of the year are actually June, July, and August!
- At -40 degrees Celsius (which is also -40 degrees Fahrenheit), the condensation from your breath can actually freeze.

Winter Animal Fun Facts

- Depending on the season, some animals actually change color! For example, the arctic fox's fur changes to white during the winter so that it can better blend in with the snow.
- Monarch butterflies actually migrate to avoid cold weather; starting in early fall, they start their long journey south, and arrive at a very specific location in Mexico in November. They start heading back up north in the spring-time.
- Many animals, such as the black **bear**, hibernate during the winter. In the winter, a black bear's heartbeat can slow to 8 beats a minute (from the usual 40 or so) and it can go as long as 100 days without food!

Winter Plant Fun Facts

- Though we usually think of winter months as being quite barren of plant life, there are plants, like the Chinese plum **blossom** (the national flower of the Republic of China), that bloom in chilly weather. Because the flower appears just before spring, it is a symbol of hope and perseverance.
- Deciduous trees lose their leaves in winter to conserve much needed water, but evergreen trees have a different method. Evergreen trees often have needles or waxy leaves, which don't try out as easily. Thus, they are able to stay green and survive the winter.
- Holly has been traditionally used as a decorative element during the holiday season, but why? Some have speculated that northern European Pagans used holly in ceremonies because it is a symbol of rejuvenation.

TRANSITIONS BETWEEN WORK AND HOME

Do you ever feel like you are leading a double life? Are your responsibilities at work and at home totally different? If your answer is yes, you are not alone. At no other time is change so keenly felt as the transition between your work and home environment at the end of the workday. This time of day has been called the “whirlwind hour”.

Transitions are times of change. Often during these times, our bodies are at the right place at the right time, but our minds are not. Our minds have not made the transition yet and are still trying to catch up. As your family returns home, everyone has special needs to be met. These needs often take families down a collision course that leads to increased stress and emotional outbreaks.

The more time you have to make transitions, the easier it will be. A hurried transition is always hard. Here are some tips to help relieve “hurry-up-itis.”

- **LEARN TO MANAGE YOUR TIME** so that you have completed your tasks and can leave work at the appointed hour.
- **PLAN SOME CATCH UP TIME** so that if something unexpected happens, you’ll have the time to deal with it.
- **BE ASSERTIVE.** Does your boss ask you to start and finish a task at the end of the day? How do you respond to the request? Next time, you can tactfully say to your boss, “Since the work day has ended, I’ll be delighted to complete the task in the morning.” Sometimes there may be a legitimate emergency, but it should not be a daily event.

Make your first hours at home after work less stressful by following some or all of the following suggestions:

- **Learn to separate your personal and work lives.** Don’t take your personal life to work and don’t take your work home.
- **Use commuting time** to make the transition between work and home.
- **Change clothes immediately** after coming home from work. After you shed your work clothes, you’re ready to face the demands at home.
- **Involve your spouse and children** in household chores. As children complete household tasks, they learn more about taking responsibility. They also feel like a valued member of the family.
- **Talk to your spouse and your children** about your feelings. Good communication is important in strong families.

The Story of the Gingerbread Man

Once upon a time, in a town not far away, the wife of Farmer Jack was busy in her kitchen. It was the farmer's birthday and his wife was baking him something very special, a Gingerbread Man! He had raisins for eyes, a cherry for his nose and four candy gumdrops down his front for buttons. She also decorated him with wonderful frosting and gave him an extra big smile!

When she was satisfied that he was the best gingerbread man anyone could make, she put him on the windowsill to cool while she finished cleaning up. As soon as she had turned her back, the Gingerbread Man jumped down from the window and out into the yard.

The farmer's wife saw him and shouted, "Stop, stop!" And Farmer Jack saw him and yelled, "Stop, stop!"

But the Gingerbread Man only laughed and sang. "Run, run, run as fast as you can. You'll never catch me. I'm the Gingerbread Man!"

Out of the yard he ran and down the road with the Farmer and his wife close behind. A local peddler was resting under a tree. When he saw the Gingerbread Man and the Farmer and his wife, he called, "Stop, stop!" But the Gingerbread Man didn't stop.

The Gingerbread Man kept running and yelled, "Run, run, run as fast as you can. You'll never catch me. I'm the Gingerbread Man! I ran away from Farmer Jack and his wife, and I can run away from you. I can. I can!" And away he ran, with all three of them close behind.

Soon they met the town's sheriff out for a ride on his horse. When the sheriff saw the Gingerbread Man, he shouted, "Stop, stop!"

But the Gingerbread Man only laughed and sang, "Run, run, run as fast as you can. You'll never catch me. I'm the Gingerbread Man! I ran away from Farmer Jack and his wife, and the funny old Peddler and I can run away from you. I can, I can!" With that, he even ran faster! So the Sheriff joined in the chase.

Soon they passed the School Teacher and the Stable Owner out for a country stroll. "Stop, stop!" they yelled when they saw the Gingerbread Man.

But the Gingerbread Man only laughed and sang, "Run, run, run as fast as you can. You'll never catch me. I'm the Gingerbread Man! I ran away from Farmer Jack and his wife, and the funny old Peddler and the Sheriff and his horse and I can run away from you. I can, I can!" Now, he really ran fast with everyone close behind.

Soon the Gingerbread Man came to a lake where a Wolf was sunning himself beside the water's edge. He saw the Gingerbread Man and he saw the School Teacher and Stable Owner and the Sheriff and his horse and the Peddler and Farmer Jack and his wife all chasing him.

"Jump on my back, Gingerbread Man, and I'll take you across the lake so those greedy people can't eat you," he said.

So the Gingerbread Man jumped on his back and the Wolf started swimming across the lake. "Wolf, Wolf, my feet are getting wet!" the Gingerbread Man said. "Then, jump on my shoulder," said the Wolf. "Wolf, Wolf, I'm still getting wet!" exclaimed the Gingerbread Man. "Then, jump on my nose," said the Wolf. So the Gingerbread Man jumped on the Wolf's nose. Quick as a flash, the Wolf gobbled the Gingerbread Man up and ate him right down. Which is exactly what should happen to all Gingerbread Men!

Gingerbread Men:

Here's a yummy holiday tradition that parents and kids can create together. Kids are sure to love helping Mom or Dad add ingredients, mix, and decorate these sumptuous cookies.

What you'll need:

- * 1 cup shortening
- * 1 cup sugar
- * 1/2 tsp salt
- * 1 egg
- * 1 cup molasses
- * 2 Tbsp vinegar
- * 5 cups sifted flour
- * 1 1/2 tsp baking soda
- * 1 Tbsp ginger
- * 1 tsp cinnamon
- * 1 tsp cloves
- * raisin, mini M&M's, or other decorating candies

The process:

Thoroughly cream shortening, sugar, and salt.

Stir in egg, molasses, and vinegar, and beat well.

Sift dry ingredients and stir them into the molasses mixture.

Allow dough to chill about 2 hours.

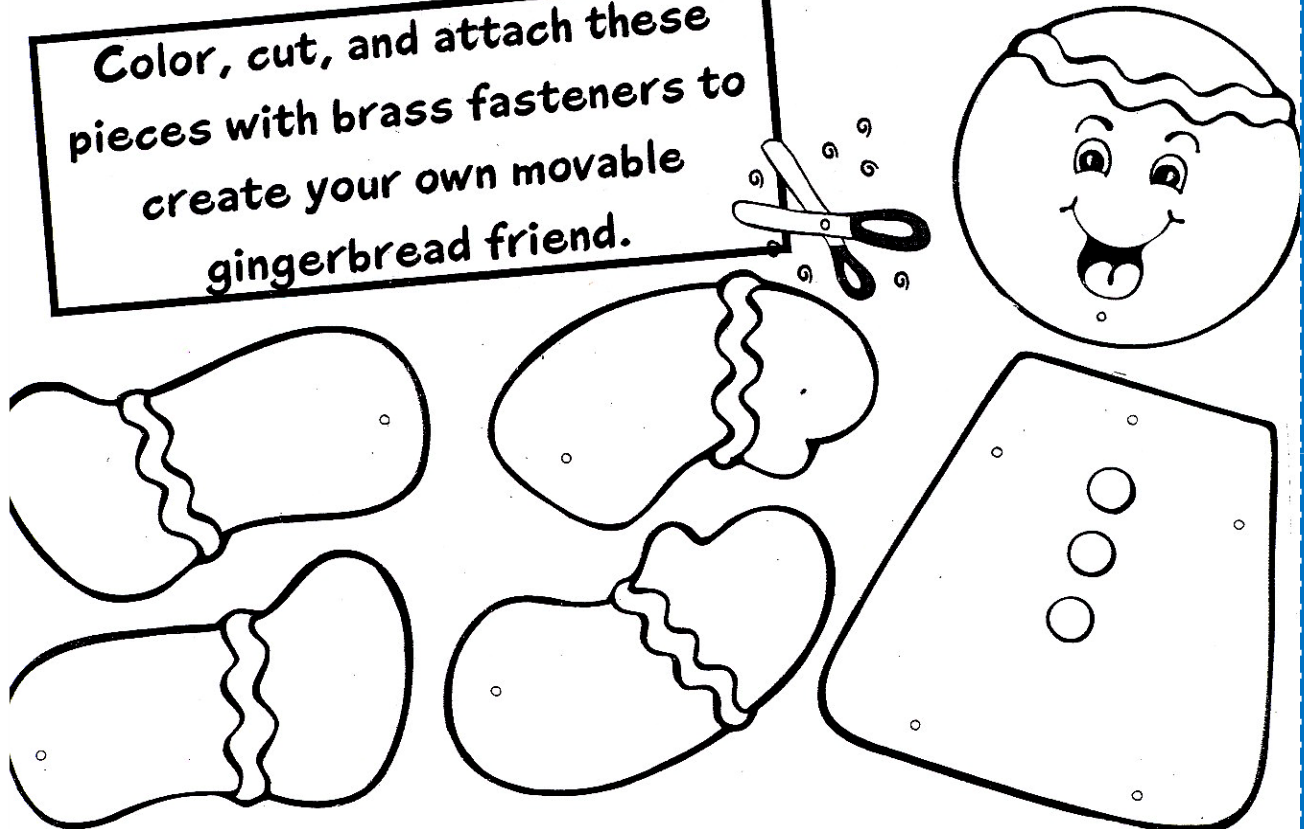
On a lightly floured surface roll dough into 1/8" thickness.

Cut men with a cookie cutter and place 1" apart on a greased cookie sheet. Let the kids create eyes and buttons with raisins or mini M&M's.

Bake at 375 degrees for about 6 minutes (For smaller men, you might need to reduce the baking time by a minute or so.)

Enjoy!

Color, cut, and attach these pieces with brass fasteners to create your own movable gingerbread friend.



Color and cut out the tree. Then paste the two pieces to a small paper bag. Practice making your tree talk and put on a show!

**Create your
Own Puppet!**



The Scoop on Snow

Did you ever wonder how snow is made? What good is it, except for making snowmen and snow balls?

Snow comes from clouds that contain tiny drops of water and very tiny slivers of ice. These clouds may look like curly white wisps or might look dark and thundery. Each drop of water and each piece of ice are so small and light they do not fall out of the cloud.

As air moves around in clouds, the droplets of water and ice slivers bump into each other.

Sometimes they stick together and become large pieces of ice. As the pieces of ice get heavier, they begin to fall out of the clouds and form snowflakes.

Snowflakes have six arms and six sides. No two snowflakes look exactly alike.

Snow is a welcome sight, not only to those of us who like to play in it, but to farmers and gardeners, as well. Snow helps plants stay alive during the cold winter weather. It acts like a blanket to keep the ground underneath warm.

*Let it Snow,
Let it Snow,
Let it Snow!*

Snowflakes are very beautiful and here's a way to get a better look at them.

Before it snows, chill a piece of dark construction paper or fabric in the freezer or outdoors.

Take it out when the snow falls and look closely at the flakes when they land on the cold dark surface.

As you can see, snowflakes come in many different shapes and sizes.

Fun Ways to Feed the Birds

Many people like to feed the birds during the winter. You can even make a snowman into a bird feeder.

Try using halved apples for the eyes and nose, and a row of sunflower seeds for the smile.

Pine cones smeared with suet make great buttons, and corn or birdseed can be for a belt. Use popcorn garland to string around a hat or as a scarf. Be sure to use some sturdy branches for arms so that the birds have a place to perch. Create a backyard feast for your birds this winter!



SNOW ICE CREAM

This 5-minute recipe for homemade snow ice cream is a sweet way to celebrate a snow day!

INGREDIENTS:

- 1 cup milk (any kind)
- 1/3 cup granulated sugar
- 1 tsp. vanilla extract, store-bought or homemade
- 1 pinch salt
- 8 cups clean snow or shaved ice (more or less depending on the density of the snow) optional (but strongly suggested) topping: sprinkles!!!

DIRECTIONS:

In a large bowl, whisk milk, sugar, vanilla and salt together until combined. Go scoop up some fresh (clean!) snow, and immediately stir it into the milk mixture until you reach your desired consistency. Top with sprinkles or other ice cream toppings if desired.

The ice cream should be fluffy and not runny, but it melts quickly, so dive in right away!

**Consume fresh snow at your own risk.*





Christmas

Would You Rather...

1	have to loudly sing the chorus of Jingle Bells every time you walk into a room for a week	or	have to wear a Santa suit to school every day for a week
2	make presents for your family instead of buying them	or	make ornaments for your Christmas tree instead of buying them
3	not celebrate Christmas this year	or	not celebrate your birthday this year
4	have Frosty the Snowman for a friend	or	Rudolf the Red-Nosed Reindeer for a friend
5	have mistletoe hanging in your bedroom doorway	or	have a large decorated Christmas tree in your bedroom doorway
6	have Christmas tree tinsel for hair	or	have fingernails that light up like Christmas lights
7	be at home on Christmas and get lots of presents	or	go to Disneyland for Christmas but not get any presents
8	eat your cereal with eggnog instead of milk	or	eat a candy cane sandwich
9	live in a giant gingerbread house	or	ride on the Polar Express
10	Be allowed to only eat fruitcake for two days	or	Be allowed to only eat candy canes for two days
11	write a five paragraph essay about the meaning of Christmas	or	solve a page of Christmas-themed math problems
12	have a nose that glows red like Rudolf's	or	have pointy ears like an elf
13	visit the north pole	or	visit Bethlehem
14	receive socks for Christmas	or	receive a dictionary for Christmas
15	be given \$100 for Christmas to buy things for yourself	or	be given \$1000 before Christmas to use to buy gifts for other people
16	get many small presents for Christmas	or	get one big present for Christmas
17	have a job wrapping presents at the mall	or	have a job taking pictures of children sitting on Santa's lap at the mall
18	be one of Santa's elves	or	be one of Santa's reindeer
19	see <i>the Nut Cracker</i>	or	dance in <i>the Nut Cracker</i>
20	spend a day watching Christmas videos	or	spend a day Christmas shopping at the mall

2019

name _____

Goals

I want to read:

My personal goal:

I want to learn:

A new food I want to try:





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HEY CLOVERBUDS...THIS IS FOR
YOU!!!

If you haven't enrolled in your projects
yet, talk to your mom or dad and have
them tell your leader what you'd like to
take this year.

Aerospace

Vegetable Gardening A

Bicycle 1

Arts & Crafts

Caring For My Room

Watching My Flowers Grow

Vet Science I

Caring For My Pet

Kids in the Kitchen

Caring For My Pet

Exploring Farm Animals