Being green, becoming green and living green

Everyone knows the term being green. What does it mean to go green? Going green simply means making choices in your everyday living to make the environment a little bit better. Here are 10 simple ways a family can go green without a lot of hassle.

1. **Carpool to save the burning of gasoline.**
   By only one person driving this makes the emissions from the vehicles a lot lower. Also this can save money because everyone chips in for gas and the shared cost can really help in the economical times.

2. **Buy recycled products.**
   If you consciously buy items that are made of recycled paper or recycled plastic the added strain on the resources are saved.

3. **Take shorter showers.**
   A 5 minute shower saves about 105 gallons compared to a bath. Also try switching your shower head to a low flow one.

4. **Turn off the water while you brush your teeth.**
   You can conserve 2 gallons of water each time you brush your teeth. If you brush twice a day for a month that saves 120 gallons of water. If there are 4 people in your house that saves 480 gallons of water.

5. **Unplug phone chargers when they are not in use.**
   Only 5% of the power drawn by a cell phone charger is used to charge the phone. The other 95% is wasted when it is left plugged into the wall.

6. **Use oxygen or hydrogen based cleaning products.**
   Schools have shown the largest demand for oxygen-based cleaners because they are safe to use around young children Common oxygen based cleaners include Oxyclean© and Clorox© oxygen action.

7. **Only wash full loads of laundry.**
   This saves 18.4 gallons of water. Plus it also means you don’t have to fold the clothes as often!

8. **Buy Compact Flourecent Light bulbs.**
   They use 75% less energy and should last approximately 10 years longer than incandescent light bulbs.

9. **Insulate your house.**
   Lots of energy is lost in houses with poor insulation. Only 20% of homes built before 1980 were well insulated

10. **Buy rechargeable batteries.**
    This will help with the trash of the alkaline batteries. By purchasing rechargeable batteries you can reduce the amount of trash you take out.
Opportunity from
Oklahoma Forestry Service

The Oklahoma Forestry Services is hosting a Forestry and Wildlife camp here in McCurtain County. The Camp dates are June 7-12, 2010. The camp will include outdoor activities using and discovering natural resources. Programs planned include: wildlife management, forest management, stream ecology, fire management, urban forestry, and resource management.

The camp is for youth ages 13-15, but they are also looking for counselors ages 18-22 and adult leaders over 24. For more information and application go to the Forestry Services website at www.forestry.ok.gov

This camp is a partnership with the US Forest Service, OSU Extension, Ouachita RC&D, Oklahoma Department of Wildlife Conservation and Natural Resources Conservation Service.

From Oklahoma State University-

The plant and soil sciences department will be offering a 3 day Plant Science Academy June 8-10th, 2010. During the academy students will get hands-on experience with agronomy and research activities. For more information visit http://pass.okstate.edu or email Dr. Sarah Lancaster at sarah.lancaster@okstate.edu.

Parents: Would you like to receive email updates from the Extension Office? Please send an email to cathleen.taylor@okstate.edu with subject line reading: 4-H Listserv. I will try to send out monthly emails with up coming events and deadlines.
The McCurtain County Livestock Show will be March 4-6th, 2010 at the McCurtain County Fairgrounds. Good Luck to all participants!

The County Volunteer Leaders will meet on April 20, 2010 at 6:00pm at the Extension Office. Items to be discussed include camp and other fun items.

Don’t forget!

Dinner will be provided. Training will be over the new record book format and helping youth with record books.

The Southeast District Educators recently met and set dates for upcoming district contests. I am very sorry if they conflict with pre-established dates. We did our best to watch out for other organizations activities.

- **SED Speech Contest**—April 1st, 2010—First Baptist Church McAlester—Entries due to Cathleen no later than March 4th, 2010.
- **SED Livestock Judging**—April 6th, 2010—Tishomingo
- **Shooting Sports**—April 24th and May 1st, 2010. For more info call Cathleen
- **Leadership Lock In**—May 7-8 (tentative) - cost $5.00 McAlester Life Church—more info? Call Cathleen
- **District Parent Volunteer Conference**—June 24, 2010—First United Methodist Church—Ada.
- **Animal Science Field Days**— June 29th, 2010—Tishomingo
Don’t let this be your LAST newsletter.

With the rising cost of postage and the need for accurate records, it is time once again to clean out our 4-H Enrollment System. I will get leaders a list of their club members from this year and anyone who wishes to be in 4-H needs to fill out a new enrollment card and bring it to the Extension office or get it to your club leader. Remember that to be eligible to participate in county, district, or state events under the name of 4-H you must be an enrolled member. This includes all livestock shows and fairs. Enrollment forms can be downloaded from the county website:

www.mccurtain.okstate.edu
Purpose:
- Prepare youth for assessing employment skills and researching job opportunities
- Develop skills for completing a job application form, participating in an interview, and communicating a personal understanding of an ability to perform specific job requirements

Age Divisions (as of Jan. 1 of the current year)
- Intermediate: 12-14 years
- Advanced: 14-19 years

Guidelines
1. Select a job in which you have an interest. Select a position in which you are qualified. Use factual information about yourself and an actual job throughout the application and interview.
2. To enter this event: submit 2 copies of the following information in a letter-sized file folder with Name of participant, club and job category in the top right hand side of folder. Category:
   - Job specification sheet with name of the firm, firm size, job title, short job description, hours, wages and job within that company.
   - Resume
   - Letter of application addressed to firm as indicated on job specification sheet.
   - Application of Employment
3. All materials must be the work of the participant.
4. Participants will be evaluated on being dressed in appropriate attire for the interview and type of job.
5. Each participant will participate in a 10-12 minutes interview. Sample questions are available however, judges may ask other questions.
6. After the interview, the participant will have 15 minutes to write a follow-up letter. The participant must bring one note card with the name and address of the prospective employer. The letter must be written in black or blue ink. Paper and pens will be provided.

Categories
1. Retail Sales
2. Services
3. Home-based business
4. Office Work
5. Health Care
6. Other

Awards
- Participants will be given a blue or red ribbon.
- Individuals will be ranked in each age division.

For more information about Job Readiness contact your club leader or Cathleen. Information will be available on the McCurtain County 4-H Website at www.mccurtain.okstate.edu
“To Make the Best Better”
Information to be included in the bi-monthly newsletter are due the first Thursday of every month. Issues will be published bi-monthly.
Email inclusions to: cathleen.taylor@okstate.edu
The Newsletter is one way of communicating educational information and updates to members, volunteers, parents, and community officials.

Editor...Cathleen Taylor, Ext. Educator, 4-H/Youth Development

Clover Congrats To…..

Clover Stars

Green Clovers to Zoe Austin of the Smithville 4-H Club for being selected as Smithville’s valedictorian.

Way to Go Clovers

Green Clovers to those 4-H members who exhibited livestock at any show this winter.

Good Luck to all livestock exhibitors at the spring show!

From the OSU Extension office staff!