

# Creative Living with Sheryl Borden

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*“Celebrating our 35th Anniversary”*

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## COME SEE ME

If you have time and would like to read my blog, you can go to: <http://sherylborden.wordpress.com/>

I would also like to invite you to “like” me on my [Creative Living with Sheryl Borden Facebook page](#). If it’s easier, just type in **“Creative Living with Sheryl Borden”** in the Search Window, and it’ll bring it up.

**N**ow that I’m seeing all the “back to school” ads for school supplies, clothing, backpacks, etc., it makes me realize that summer is coming to an end and Fall is rapidly approaching! Besides school starting soon, August makes me realize that my grandson will turn 11 on August 20 and that means a party and a decorated cake! So much fun. He hasn’t confirmed what theme he wants for his cake yet, so that decision is “up in the air.” It doesn’t ever matter to me. I just love doing it and love the hugs and compliments he gives me.

Most county fairs are also in the month of August, so I know lots of people are hoping their gardens will be ready by entry date so they can enter some of their produce. All of the 4-Hers have been busy finalizing their food and sewing projects so they can be entered. All of the livestock entries are being prepared - it’s really a very busy time of the year. You may wonder why I know this - I was employed as an Extension Home Economist for seven years when I graduated from college. I had been a 4-H member since the age of 7 and loved getting all of my projects ready for the fair, and hoping they would be good enough to go on to be exhibited in the Regional Fair or State Fair. I have a great deal of respect for the rural way of live and for the families who work so hard with their kids to help them achieve through their 4-H and FFA projects. I also know how hard Extension agents - both men and women - work during this time of year. So, hats off to them and best of luck to all of the exhibitors. I can’t wait to walk through the barns and see what has been entered and see if I know any of the exhibitors!

### What is 4-H?

According to their website, 4-H’ers across the nation are responding to challenges every day in their communities and their world.

With an expansive network reaching every corner of the country, 4-H is the



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nation's largest youth development organization. More than 6 million 4-H youth in urban neighborhoods, suburban schoolyards and rural farming communities stand out among their peers: building revolutionary opportunities and implementing community-wide change at an early age.

As the youth development program of the nation's 109 land-grant universities and the Cooperative Extension System, 4-H fosters an innovative, "learn by doing" approach with proven results.

As an excited 7 year old, I was so proud when we would recite the 4-H pledge at every club meeting - right after the Pledge of Allegiance. The 4-H pledge really says a lot:

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.

Even after all these years, I can recite the pledge and am amazed at what it means today.

## What is the Cooperative Extension Service?

When Congress passed the Smith-Lever Act in 1914 and created the Cooperative Extension System at USDA, it included work of various boys' and girls' clubs involved with agriculture, home economics and related subjects, which effectively nationalized the 4-H organization. By 1924, these clubs became organized as 4-H clubs, and the clover emblem was adopted.

The Cooperative Extension System is a unique partnership of the National Institute of Food and Agriculture (NIFA) within the U.S. Department of Agriculture (USDA), the 109 land-grant universities (in every state and territory) and more than 3,000 county offices.

When I was an Extension Home Economist for Roosevelt County, I was responsible for the adult homemakers' clubs and the girl's 4-H programs. When I was Extension Home Economist for Curry County, I was only responsible for the adult homemakers' clubs because Curry County had a larger budget and thus had a separate program coordinator for 4-H.



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I'm still amazed that so many people are not aware of the services that the Cooperative Extension Office has available **FREE OF CHARGE** - whether you belong to one of their adult clubs or 4-H clubs. They have excellent booklets and pamphlets on a wide variety of subjects (which are good resources if your kids have to do a presentation for school.)



Many of you have seen **Connie Moyers** on my show through the years. I first met and worked with Connie when she was with the local electric utility company as their home economist. She gave programs for the public, for the schools and at youth camps. When the electric company disbanded this program, Connie went to work for the CES in Roosevelt County, and I love having her on the show.

So, you won't have Connie in your county Extension Office, but you'll have someone who provides the same services. Take advantage of this service -- it's free and often times, it's overlooked.



And, get ready to enter something in your county fair. Most fairs have their fair catalogs ready for distribution. Call your county extension office and request a copy, thumb through it and look at all the different categories that are listed. You won't make a lot of money with your winnings, but you'll sure feel proud when you see that blue ribbon attached to your entry.

And, if you decide not to enter, that's OK, too. But be sure to congratulate anyone you know or see who has participated. If it were not for these dedicated people, county fairs would cease to exist and what a loss that would mean for up-coming 4-H and FFA members.

I guess you could say I'm on my "soap box," but it is something I truly believe in and have great memories of participating in - both as a child and as an adult.



I'm busy scheduling guests for Fall tapings. I still have 3 dates open if you want to recommend someone to me. Thanks to those of you who responded last month to my request for guests. I've contacted them, and we're waiting to hear back.

Hope you're enjoying your summer - and the heat!

*Sheryl*