



The Clover Patch

Celebrating 100 Years of Louisiana 4-H

COOPERATIVE EXTENSION SERVICE
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EXTENSION PROGRAMS
Agriculture
Economic/Community Development
Environment/Natural Resources
Families/Nutrition/Health
4-H Youth Programs



4-H JR. LEADERSHIP GET AQUAINTED PARTY

Wednesday, October 15, 2008
5:30 p.m. at the park on the Belleview
All 4-H members 13 years old and above by January 1, 2008 are invited to attend!



4-H WINTER FOODS FEST

Saturday
December 6
More Details in
November Clover Patch

IBERVILLE 4-H LOUISIANA SWEET POTATO SALE

The Iberville Parish 4-H Foundation will be sponsoring our annual Louisiana Sweet Potato sale.

PRE ORDERS only!

40lb box of sweet potatoes- \$20
10 lb box of sweet potatoes -\$10

DEADLINE for ordering:
Friday, November 7, 2008
See information attached.



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



4-H SWEET SHOPPE

Cookies & Candy due to 4-H Office
November 18, 2008
NO later than 4:00 p.m.
See rules attached.



"CATCH PHRASE FOR CAMP" CONTEST

What's a good theme for 4-H summer camp? Send in your most creative ideas for a slogan in 7 words or less. Along with the phrase, a drawing needs to be submitted that goes along with your theme. The winner will receive a \$50 cash award. The deadline is Friday, **October 24, 2008**. You must submit your slogan with your name, age, parish, mailing address, & phone number to the 4-H Office.



NUTRITION FACT!!!

Pumpkins Are Nutritious!

Did you know pumpkins are 90% water? While this may seem surprising, many fruits and vegetables are largely water. Pumpkins are just plain good for you. They are low in fat, low in calories, loaded with vitamins and very tasty too!



4-H FALL DANCE

The first annual 4-H Fall Dance will be held on Saturday, November 1, 2008 at the Mike Zito Multipurpose center in Plaquemine. 4-H members in 4th – 8th grade are invited and can bring one non 4-H member. Cost is \$2 per person. The dance will start at 7 pm and end at 10 pm. This will be lots of fun, so come out and dance all night long!!!



STUDY SKILLS

You can prepare yourself to succeed in your studies by trying to develop and appreciate the following habits:

- * **Take responsibility for yourself** Responsibility is recognition that in order to succeed you can make decisions about your priorities, your time, and your resources.
- * **Center yourself on your values and principles** Don't let friends and acquaintances dictate what you consider important.
- * **Put first things first** Follow up on the priorities you have set for yourself, and don't let others or other interests, distract you from your goals.
- * **Discover your key productivity periods and places** Morning, afternoon, evening; study spaces where you can be the most focused and productive. Prioritize these for your most difficult study challenges.



THE 4-H CLUB PLEDGE



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.



Shannon Dietz

4-H Youth Development Agent

Visit our websites:

www.louisiana4H.org

www.lsuagcenter.com/iberville

A State Partner in the Cooperative Extension System

LSU Agricultural Center is a statewide campus of the LSU System and provides equal opportunities in programs and employment. Louisiana State University and A. & M. College, Louisiana parish governing bodies, Southern University, and United States Department of Agriculture cooperating



"Membership and participation in activities and events are open to all citizens without regard to race color, national origin, gender, religion, age, veteran status or disability." If you have a disability that requires special accommodations for you to participate in the meeting/program, please contact the 4-H Office