

October 2007

The Clover Patch

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

4-H SET
 Science, Engineering & Technology
NATIONAL 4-H WEEK
 October 7-13, 2007



4-H LEADERSHIP AMBASSADOR

Executive Meeting
 Thursday, October 11
 6:00p.m. @ 4-H office.

All schools should select two representatives to serve on the executive board.



4-H WINTER FOOD FEST

Saturday, December 1
 More Details in November Clover Patch

4-H LOUISIANA SATSUMA & SWEET POTATO SALE

The Iberville Parish 4-H Foundation will be sponsoring a Louisiana Satsuma & Sweet Potato sale.

PRE ORDERS only!

5lb bag of Satsumas --\$6
 40lb box of sweet potatoes- \$20

DEADLINE for ordering:
 Tuesday, October 30, 2007
 See information attached.



4-H SWEET SHOPPE

Cookies & Candy due to
 4-H Office

November 14, 2007

NO later than 4:30p.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. The winner will receive a \$50 cash award. The deadline is **October 20, 2007**. You must submit your slogan with your name, age, parish, mailing address, & phone number to the 4-H Office.



4-H LIVESTOCK POSSESSION DEADLINES

The possession deadline for purchasing exhibition poultry, breeding beef, market lambs, market goats, breeding sheep, breeding goats and dairy cattle is **November 5, 2007**. The possession deadline for purchasing breeding and market swine (hogs) is **December 1, 2007**. These dates are a change from last year so be sure to let your parents know. Also, all youth planning to show livestock must sign up at the 4-H club meeting in order to be placed on the mailing list. You may also contact 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!



DISTRICT RABBIT SHOW

November 19, 2007

Details to follow



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.



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

Kimberly Y. Bpnes
 Associate Extension Agent

Associate County Agent

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,

"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

