



4-H on the Go



UPCOMING EVENTS

- Volunteer Leader Forum
- National 4-H Week
- National CHARACTER COUNTS! Week
- Cotton Festival
- State Fair
- Fall Food Drive
- Fall Fund Raiser

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MONTHLY NEWSLETTER

SEPTEMBER 2007

Welcome to 4-H

May you have a successful year with your 4-H projects and learn many new things. You must learn the 4-H Pledge. It will be said at the opening of every meeting following the Pledge of Allegiance.

The 4-H Pledge is:

"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.**"

The **4-H Emblem** is the green four leaf clover with the letter "H" on each petal. The green color symbolizes growth and the white symbolizes purity.

The **4-H Slogan** is: "Learning by Doing"

The **4-H Motto** is: "To Make the Best Better"

Your **4-H Agent** is: Ms. Kris Mayers

Requirements for Belonging to 4-H

You **MUST**:

- ◇ Be in the 4th-12th grade
- ◇ Complete an enrollment card. **If you do not complete and turn in a card, you will not be enrolled in the computer and, therefore, will not be allowed to participate in certain events.**
- ◇ Pay your dues once a year; **dues must be paid** by the October 2007 club meeting or the date set by your leader.
- ◇ Complete your 4-H projects.
- ◇ Participate in a community service project before the end of the school year. **** This is a parish requirement!**

Join 4-H and you'll learn many new skills, meet lots of new people and make some new friends. And whether you realize it or not, you'll be helping other people along the way.

"Everyone has talent. What is rare is the courage to follow the talent into the dark place where it leads."

—Erica Jong

2007-2008 Club Programming

This year's club programming will focus on **Food & Fiber** for all clubs grades 4-12.

- | | |
|---------------------------------|--------------------------------------|
| September—Open Enrollment | February—"The Root of the Matter" |
| October—"Doing a Demonstration" | March—"It's a Matter of Taste" |
| November—"Oxidation" | April—"There is Starch in My Potato" |
| December—No club meetings | May—4-H Awards Ceremony |
| January—"Dive Into Science" | |

Made available by
Krishanda H. Mayers
Associate Ext. Agent
4-H Youth Development
East Carroll Parish

If you have a disability that requires special accommodation for your participation in any 4-H event, please call Mrs. Mayers at (318) 559-1459.

It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, gender, religion, age or disability.

*Louisiana State University
Agricultural Center – William
B. Richardson, Chancellor
Louisiana Agricultural
Experiment Station – David J.
Boethel, Vice Chancellor and
Director
Louisiana Cooperative
Extension Service – Paul D.
Coreil, Vice Chancellor and
Director
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Acts of Congress of May 8 and
June 30, 1914, in cooperation
with the United States
Department of Agriculture. The
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Extension Service provides equal
opportunities in programs and
employment.*

CHARACTER COUNTS!

Give your character a checkup! Every now and then, we need to stop and give our character a checkup. About seven years ago, a "Give Your Character a Checkup" list using all six pillars was developed.

The six pillars are: **Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.**

Each month you will receive a pillar with a weekly word of encouragement.

October's pillar is **Respect**

November's pillar is **Responsibility**

December's pillar is **Caring**

January's pillar is **Trustworthiness**

February's pillar is **Fairness**

March's pillar is **Citizenship**

April's pillar is **Decision Making**

4-H University 2007

Thanks for a job well done to all 4-H'ers who participated in this year's 4-H University at LSU. A special thank you goes to the **East Carroll Parish School Board** for the use of a bus and driver and to **all businesses and individuals** who sponsored a 4-H'er to attend 2007 4-H University.

Congratulations to all blue ribbon winners: Ashley James, Rosetta Jefferson and Cietra Stroughter won in Consumer Decision Making and Katherine Threats, Candis Frost and Jasmine Hampton won in Consumer Foods Judging.

Other participants were: Ronnie Anderson, Adrianna Sledge, DeJunae Shaw, K'Mecia Powell, Shenequa Moore, Datrianna Singleton, Curtis Freeman, Jason Hensley, Everett Halley, Dezavier Turner and Andre James.



East Carroll Parish 4-H members participating at 2007 4-H U.

Race for the Cure

In September 2006 the Annual Komen Race for the Cure® took place in Monroe at Forsythe Park. More than 3,000 runners and walkers participated, of which 150 were survivors. As a result of the event, the Northeast Louisiana Affiliate of the Susan G. Komen Race for the Cure® was able to award over \$160,000 in grants to various groups in a number of Northeast Louisiana parishes, working to save lives and end breast cancer through education, screening and treatment. One of the best ways to join in the Susan G. Komen Race for the Cure® festivities is to form a team and become a Team Captain. This year's race will take place **Saturday, September 8**, again at Forsythe Park in Monroe. East Carroll Parish 4-H'ers, leaders and volunteers have participated in the Race for the Cure for the past four years. Each year our donation has grown to help find a cure for breast cancer.



Name the 4-H Newsletter

We need your suggestions! Again this year, the East Carroll Parish 4-H Office staff is asking 4-H'ers to come up with a catchy new name for the 4-H Newsletter. If you think you've got a good name for it, write your suggestion (**in four words or less**) along with **your own name, grade and school** on a piece of paper and bring or mail it to the 4-H Office at 502 First Street, Lake Providence, LA 71254. **Deadline for submission is September 18.**

If your suggestion is picked, it will be used for the newsletter for the remainder of the school year AND you'll get recognition for it—if you remember to give us your name, grade and school.

"Be true to your work, your word and your friend."

—Henry David Thoreau

4-H Fair Exhibits

Fair time is coming up: North Louisiana Cotton Festival October 9-14. **All entries for the Cotton Festival must be brought to the 4-H Office on October 2.**

Every entry must include: your name, age, school and the name of your entry. You may enter any of the following: arts and crafts, clothing, canned foods, photography and household articles. Your 4-H leader has a complete list of entries for the fair. Help is needed for labeling the entries.



Catch-phrase for Camp Contest

4-H Camp Grant Walker Needs Your Ideas!

What's a good theme for 4-H Summer Camp? Send us your most creative ideas for a slogan—in seven words or less. Illustrations are welcome, but they will not be judged. The contest is open to all 4-H Club members. The winning slogan will be one that is brief and “catchy,” capturing the spirit of 4-H Camp Grant Walker. The slogan will be used on all publicity for camp and on the camp T-shirt. The winner will receive a \$50 cash award from the LAE4-HA (Louisiana Association of Extension 4-H Agents). Think fast—the deadline is **October 29**.

Submissions must also include the following:

- ◇ Full name and age of person submitting the slogan
- ◇ Parish/4-H Club
- ◇ Complete mailing address
- ◇ Telephone number



Believe in Yourself

Set your standards high
You deserve the best.
Try for what you want
And never settle for less.
Believe in yourself
No matter what you choose.
Keep a winning attitude
And you can never lose.
Think about your destination
But don't worry if you stray
Because the most important thing
Is what you've learned along the way.
Take all that you've become
To be all that you can be.
Soar above the clouds
And let your dreams set you free.

—Jillian K. Hunt
Chicken Soup for the Kid's Soul

“Success seems to be largely a matter of hanging on after others have let go.” —William Feather