

→ 4-H Agent



→ 4-H Youth



→ 4-H Leaders/  
Volunteers



→ 4-H Parents

Fill in the blanks!

# Your Newsletter Title?

## National 4-H Week

Don't forget that **October 7-13** is National 4-H Week. We might take time to think about the future of this country. 4-H is

playing a vital role in making our future better. 4-H'ers learn to care about others, to care about their communities and to be

active, involved citizens and leaders. So be a part of the future—**be a 4-H member.**



Monthly Newsletter

October 2007

## Make a Difference Day

**Saturday, October 13** is 'Make a Difference Day.' On this day, from **8 a.m. to 1 p.m.** 4-H'ers will participate by volunteering their time to help with

beautification efforts in their community and town. This year's project will consist of 4-H'ers and leaders building a vegetable garden. If you would

like to participate in this community service project, please contact Ms. Mayers at 559-1459.

## Name the 4-H Newsletter

Last month we asked for your suggestions for our newsletter's name. **The deadline has been extended to October 15.** 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. Remember, if your submission 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 your name, grade and school.

### Upcoming Events:

- ☺ State Fair
- ☺ Fall Food Drive
- ☺ Fall Fundraiser
- ☺ 4-H Skillathon
- ☺ Egg, Rice & Catfish Cookery

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# Sweet Potato & Poultry Cookery Contests

Division I—Dish

Categories

The Sweet Potato and Poultry Contests will be held **Saturday, October 20** at the **Louisiana State Cotton Museum**; registration: **9:30 a.m.**—judging: **10 a.m.**



their own grill and setup. (One person to a grill.)

### Items Needed:

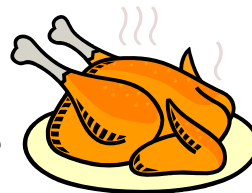
1. Individual grill
  2. Small table with seasoning, sauce, one plate and cooking utensils.
  3. Clean dishtowel and hand mitten for handling the grill.
  4. If you use grilling sauce, you must turn in a grilling sauce recipe or brand of barbecue sauce with the final product.
1. **Sweet Potato**—dish must contain a minimum of 1 cup of fresh, canned or frozen sweet potatoes. Any type sweet potato dish may be entered.
2. **Chicken**—dish must contain a minimum of 2 pounds bone-in or 1 pound deboned chicken.

You will be judged on setup, cleanliness, preparation and final product.

**Each participant must prepare and start their**

**own fire and grill their own meat.**

There will be a two hour time limit—beginning with preparing the grill and ending with turning in the chicken for judging. The 4-H office will donate a chicken to each participant. The chicken will be cut in half. You must grill both pieces. One half will be judged and the other half is for the participants to eat. Each 4-H member must register by a certain date to make sure there is enough chicken. **If you don't register, you can't participate.**



### Grilled Chicken Contest Rules

Each person is responsible for

## 4-H Officer Matching Puzzle

Match the officer with the correct criteria.

A. President    B. Vice-President    C. Secretary    D. Reporter    E. A, B, C, & D

- \_\_\_\_\_ 1. Sets a good example of sportsmanship, leadership, citizenship and cooperation.
- \_\_\_\_\_ 2. Cooperates with the reporter in writing articles for the newspaper.
- \_\_\_\_\_ 3. Works closely with leader and 4-H agent.
- \_\_\_\_\_ 4. Asks club members to report old and new business during the club meeting.
- \_\_\_\_\_ 5. Is prepared to lead 4-H meetings in the president's absence.
- \_\_\_\_\_ 6. Participates in other 4-H activities.
- \_\_\_\_\_ 7. Must attend every meeting except in the case of illness or other excused absence.
- \_\_\_\_\_ 8. Keeps a complete list of club members and records their attendance at each meeting.
- \_\_\_\_\_ 9. Secures, introduces and thanks guest speakers for each club meeting.
- \_\_\_\_\_ 10. Submits articles reporting club activities to the local newspaper, school newspaper, etc.
- \_\_\_\_\_ 11. Encourages club members to participate in 4-H events and activities.

# CHARACTER COUNTS!

Can you guess which pillar I am? \_\_\_\_\_! Read the bullets, then fill in the blank.

- ◇ Treat others with respect; follow the Golden Rule.
- ◇ Be tolerant of difference.
- ◇ Use good manners, not bad language.
- ◇ Be considerate of the feelings of others.
- ◇ Don't threaten, hit or hurt

anyone.

- ◇ Deal peacefully with anger, insults and disagreement.

National CHARACTER COUNTS! Week is **October 21-27**. This is an opportunity to celebrate your success and share it with those not yet familiar with CHARACTER COUNTS! By encouraging community members, and those in

neighboring communities, to participate in your week's events, you will advance the impact that CHARACTER COUNTS! can have. **Share your success!**

*"Quotations will tell the full measure of meaning, if you have enough of them." — James Murray*

*"What you do not want done to yourself, do not do to others." — Confucius*

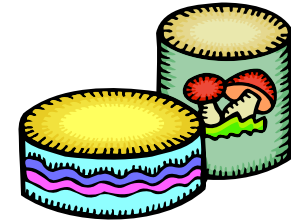
*"We should behave to our friends as we wish our friends to behave to us." — Aristotle*

*"Respect, like love, has value only when it is given freely and out of genuine feelings. Counterfeit respect, like faked love, is really a form of contempt." — Michael Josephson*

## Fall Food Drive

The Fall Food Drive will begin **October 22** and run through **November 16**. Non-perishable

food items will be collected to be donated to elderly and needy people in our parish.



## 4-H Camp's 85th Birthday

A party will be held **October 26-27** at **Grant Walker Educational Center** in Pollock to

celebrate 4-H Camp's 85th Birthday. Everyone is invited to attend.



## Egg, Rice and Catfish Cookery Contests

The Egg, Rice and Catfish Cookery Contests will be held **Wednesday, November 7** at the 4-H office; registration: **5:30 p.m.**—judging: **6 p.m.**

1. **Egg**—dish must use a minimum of **4** eggs. This can be four whites, four yolks or four whole eggs. No raw eggs will be allowed in the final product. The recipe with four eggs must make only one



standard size dish. For example, a recipe with four eggs that makes two pies of standard size will not qualify. Any type egg dish may be entered.

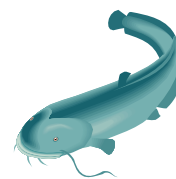
2. **Rice**—dish must contain at least **1** cup of uncooked rice or **2** cups of cooked rice (white or brown). If using rice bran



instead of rice, the recipe

must contain at least **1/4** cup of rice bran. Wild rice is acceptable as long as there are **2** cups of cooked white or brown rice also included in the dish. Any type rice dish may be entered.

3. **Catfish**—dish must use a minimum of **1** cup of catfish. **Please use farm-raised Louisiana catfish.** Any type catfish dish may be entered.



Provided by  
LSU AgCenter Community  
Nutrition Programs

This institution is an equal opportunity provider. This material was funded partially by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. **To find out how to apply, call 1-888-LAHELP or visit [www.dss.state.la.us](http://www.dss.state.la.us) to download an application for Food Stamps.**

## Doing a Demonstration

A demonstration has three main parts. The **INTRODUCTION**—this introduces the subject. Try a catchy title and theme to get the attention of the audience. Like "Hooked on Fishing" instead of "Baiting a Hook." The introduction should include three to five points that the demonstration will cover.

The **BODY** of the demonstration will cover the three to five points in detail.

For example, if the demonstration is "Hooked on Fishing," the body could cover the history of fishing, equipment and materials, safety tips and show how to bait a hook and other possible baits.

The final part is called the **SUMMARY**. Wrap up the demonstration by reviewing the points of the demonstration. This is also the part where references are cited and time is allowed for questions.



Answers to header on front page: Head; Heart; Hands; Health

Answers to Matching Puzzle:

1-E; 2-C; 3-A; 4-D; 5-B; 6-E;  
7-A; 8-C; 9-B; 10-D; 11-E

Answer to

CHARACTER COUNTS!  
question: **Respect**

Answers to Word Scramble: 1-Harry Potter; 2-Spiderman; 3-Batman; 4-Pirate; 5-Superman; 6-SpongeBob Squarepants; 7-Yoda; 8-Bratz; 9-Snow White; 10-Kim Possible; 11-Tinkerbell; 12-Princess; 13-Cinderella; 14-Dora the Explorer; 15-Blue's Clues

## Costume Word Scramble

Unscramble the words below to find 15 good costume party ideas!

1. RAHYR RETOPT \_\_\_\_\_
2. MIDASERPN \_\_\_\_\_
3. NAABMT \_\_\_\_\_
4. RITEPA \_\_\_\_\_
5. APUMENRS \_\_\_\_\_
6. OPBEGSNOB RAQUESNAPTS \_\_\_\_\_
7. DAYO \_\_\_\_\_
8. TRZAB \_\_\_\_\_
9. WSON EWITH \_\_\_\_\_
10. MIK SLESBOPI \_\_\_\_\_
11. KENBLITLER \_\_\_\_\_
12. NECSRIPS \_\_\_\_\_
13. NALIDREELC \_\_\_\_\_
14. RADO HET PERROXEL \_\_\_\_\_
15. ELU'SB LEUCS \_\_\_\_\_

Made available by: Krishanda H. Mayers,  
Associate Extension 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 Ms. 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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