

The Green Wave



CHARACTER COUNTS!

Teachers...

- * Believe in your students and look for the best
- * Do more than lead...inspire
- * Motivate them
- * Model for them and show them the way
- * Teach them
- * Guide them
- * Encourage them
- * Accept only their best effort
- * Listen to them
- * Enable them to succeed
- * Pick them up whenever they fall

"The whole art of teaching is only the art of awakening the natural curiosity of young minds for the purpose of satisfying it afterwards."
- Anatole France

"A good teacher is one who helps you become who you feel yourself to be. A good teacher is also one who says something that you won't understand until 10 years later."
- Julius Lester

March 2008

Monthly Newsletter

Upcoming Events:

- ☉ Dairy Billboards Due March 5
- ☉ TEAM Camp
- ☉ Kite Flying Day
- ☉ Farm Safety Day Camp
- ☉ Youth Co-Op Conference
- ☉ Beef Poster Contest

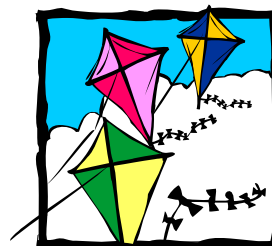
Keep America Beautiful—The Great American Cleanup

The Great American Cleanup is one of the largest organizational cleanup and beautification programs ever conducted in the United States. East Carroll Parish will participate in the

cleanup event from **mid-March through mid-April**. Every 4-H'er is encouraged to participate by cleaning up litter in their community.

Kite Flying Day

All 4-H'ers are invited to attend a kite flying event to be held at all schools. The date and time will be given later. **You must bring your own kite.**



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St. Patrick's Day

Test your mind and unscramble the following words:

1. trulrcaigue _____
2. reclvo _____
3. dmru _____
4. lDbiun _____
5. eerngn _____



6. alIrnnde _____
7. sIrih _____
8. nrgedyael _____
9. ahcpnreul _____
10. clku _____
11. rcMah _____

12. sucmi _____
13. ckratiP _____
14. inhpc _____
15. otoatp _____
16. tnhnevetes _____
17. hcsromak _____
18. tsew _____
19. hreet _____
20. otranidit _____

Youth Co-Op Leadership Conference

The 27th Annual Youth Co-Op Leadership Conference will be held **April 4-6** at 4-H Camp Grant Walker.

Requirements: 1) \$25 registration fee due **March 25**;
2) Completed Co-Op Conference

application; and 3) Completed Camp Health form

The conference is designed to provide an opportunity for students (8th-12th grade) to study and learn about the

cooperative form of business, and to enhance teamwork, leadership and communication skills through educational programs and fun-filled activities.



Celebrate 100 Years of TEAMwork!

Here's your chance to experience an exciting camping adventure developed just for **7th and 8th grade 4-H members**. 4-H TEAM Challenge Camp will be held **April 10-13** at 4-H Camp Grant Walker. Teens from 13 Northeast Louisiana parishes will be participating.

This camping experience will lead you through awesome team-building activities and

exhilarating games. In the process, you will improve your communication and leadership skills, practice teamwork and make memories to last a lifetime!

At TEAM Camp, you are guaranteed to have fun, make friends and find your hidden strengths.

To sign up, contact the 4-H Office at 559-1459. Camp fees are **\$45** and the deadline to sign

up is **April 1**.

Fees include two nights at Camp Grant Walker, all meals/snacks upon arrival at camp and transportation to and from camp. T-shirt prices: Small—X-Lg \$5.75; XX-Lg \$6.75; XXX-Lg \$7.75.

Ms. Mayers will have a list of items you will need to take with you. Details about departure and return will be given later.

4-H Scholarships

There are several college scholarships available to Juniors and graduating Seniors. For more information about Louisiana 4-H Scholarships, contact the 4-H office. The completed applications are due in the 4-H office by **April 14**.

4-H Beef Poster Contest

Every 4-H club member may participate in the 4-H Beef Poster Contest. The deadline for turning in your poster is **April 28**. The purpose of the Beef Poster Contest is to learn more about beef and/or beef products and their importance to human health. Make a poster telling the story of beef and/or beef products. The finished poster should be appropriate for use on a billboard.

Rules

1. The poster must be on **11X14** white poster board **ONLY**.
2. Place your name, address, age, grade in school and parish on the upper right corner **on the back of your poster**.
3. The poster should generate positive images of beef and beef products and not



portray negative images of other food products (i.e. chicken, pork, etc.)

4. Get ideas from magazines, parents, friends, nutrition bulletins, Beef Ambassador Fact Sheets and meat publications. Materials are also available from your local supermarket, butcher, the American Meat Institute or National Livestock and Meat Board.
5. **DO NOT** use copyrighted materials. Pictures, clipart and materials (i.e. cartoon characters, advertisements, logos, etc.) that are

copyrighted may not be used on the poster. **If you do use these materials your poster will be disqualified.**

6. Computer generated clipart may be used on the poster if it is not copyrighted material.

There will be recognition and awards in the following divisions (parish contests):

Division I—4th, 5th and 6th grades—Rosette ribbon

Division II—7th, 8th and 9th grades—Rosette ribbon

Division III—10th, 11th and 12th grades—Rosette ribbon

Every 4-H club member who makes a poster will receive a ribbon. Each division will be placed with purple, blue and red ribbon groups. Club members are allowed to win in each division only once.

4-H Camp

4-H Camp will be held **July 7-11** at 4-H Camp Grant Walker. Details about this event will be given later.

Camping is one of the most valuable experiences a child can have. It's both a learning experience that helps boys and girls appreciate the outdoors

and gain valuable life skills. The 4-H camping program provides an excellent opportunity for youth to experience hands-on interactive activities that help teach them independence, responsibility and teamwork.

4-H Camp involves a five-day



session of typical camping experience—swimming, arts and crafts, archery and canoeing. But campers can pick a special activity to pursue as well.

Answers to St. Patrick's Day: 1) agriculture; 2) clover; 3) drum; 4) Dublin; 5) green; 6) Ireland; 7) Irish; 8) legendary; 9) leprechaun; 10) luck; 11) March; 12) music; 13) Patrick; 14) pinch; 15) potato; 16) seventeenth; 17) shamrock; 18) stew; 19) three; 20) tradition

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 to download an application for Food Stamps.



The Butter Side of Moo

Do you know how dairy products are made?

The milk that you drink, be it whole, nonfat or skim is sweet milk (unfermented milk). Sweet milk contains the sugar lactose. As milk ages or is not refrigerated, fermentation occurs. The bacteria multiply in the warm milk causing the lactose to ferment. One of the products of the fermentation of lactose is lactic acid. Since acids taste sour, fermented milk is also called sour milk.

Sour milk isn't all bad. Sour milk

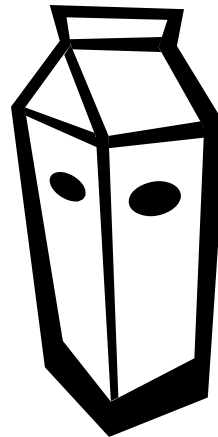
is what gives us yogurt and cheese.

Yogurt is milk that has been soured by two special bacteria, *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. These bacteria curdle the milk and give it a particular flavor.

The curds and whey do not separate but form a thick custard like product.

Cheese is the curd of milk that has been specially prepared.

There are hundreds of varieties



of cheese, some hard and some soft, some with a strong flavor and some mild. The different types of cheeses come from the same milk. But what makes them different are due to the types of microbes used to prepare

them as well as the process by which the curds and whey are separated.

Butter is milk fat that has been separated from cream. Butter is a source of vitamin A and certain essential fatty acids.

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.

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