

September 2008

Newsletter Title

LSU AgCenter



East Carroll Parish 4-H
502 First Street
Lake Providence, LA 71254
Phone: (318) 559-1459
Fax: (318) 559-3125
Email: ecarroll@agcenter.lsu.edu

Welcome to East Carroll Parish 4-H

You will learn many new things in 4-H, the first being 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.**

The requirements for belonging to 4-H are as follows. You must:

1. Be in the 3rd-12th grade
2. 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.

3. Pay your dues once a year; dues must be paid by the October 2008 club meeting or the date set by your leader.
4. Complete your 4-H projects.
5. 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 new skills, meet lots of new people and make new friends. And whether you realize it or not, you'll be helping other people along the way.

Inside this issue:

| | |
|---|---|
| <i>CHARACTER COUNTS!</i> | 2 |
| <i>Healthy Lifestyles Field Day/B-Day Celebration</i> | 2 |
| <i>4-H University 2008</i> | 2 |
| <i>Name the 4-H Newsletter</i> | 3 |
| <i>Race for the Cure</i> | 3 |
| <i>4-H Fair Exhibits</i> | 3 |
| <i>Catch-phrase for Camp</i> | 4 |

Upcoming Events:

- *National 4-H Week 10/5/08-10/11/08*
- *Kids Care Week 10/19/08-10/25/08*
- *Louisiana State Fair 10/23/08-11/9/08*
- *Make a Difference Day 10/25/08*
- *State Fair 4-H Fun Day 10/29/08*

2008-2009 Club Programming

This year's club programming will focus on Health and Nutrition From the Garden for 3rd-6th grades and on Financial Management for 7th-12th grades.

September is open

enrollment for 4-H. There will be club meetings every month except December, May, June, July and August.

A 2008-2009 schedule will be distributed soon.

If you have any questions

or concerns about 4-H, please contact Ms. Mayers at 559-1459 or stop by the office at 502 First Street in Lake Providence.

May we have a successful 4-H year and learn more to promote a healthy lifestyle.

CHARACTER COUNTS!

The six pillars of character are:

Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.

Here are some Teacher Tips:

- ☺ 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

Healthy Lifestyles Field Day/Centennial Celebration



These 4-H’ers are running while breathing through a straw. This demonstrates how hard it is to breath if you smoke.

This year we held a Healthy Lifestyles Field Day/Centennial Celebration in the place of our usual 4-H Achievement Day. 184 4-H members became more knowledgeable of their healthy lifestyle choices by visiting these different exhibits: Height, Weight, & BMI; Grab Healthy Snacks; Healthy Food Choices; Line Dancing; M.O.V.E.; Pyramid Relay; Rethink

Your Drink; Using Your Noodle; and Water—Drink It Up.

In honor of 4-H’s 100th birthday, 4-H’ers and adults participated in a timed one-mile walk. Four different age groups were charged a minimal fee to walk and all proceeds were donated to the Louisiana 4-H Foundation.

4-H University 2008

Thanks for a job well done to all 4-H’ers who participated in this year’s 4-H U. A special thank you goes to the East Carroll Parish School Board for the use of a bus and driver and to all businesses/individuals who sponsored a 4-H’er to attend 2008 4-H University. A special thank you also goes to Harriet Bridges, Tracy Reynolds, Sheila Bell, Linda Powell, Cietra Stroughter and Angela Mitchell for their continued support of 4-H and training our youth.

Congratulations to all Blue Ribbon Winners. This year we won blue ribbons in six of the eight contests and won a total of 14 medals. The

Consumer Decision Making White team won 9th place; members were: Rozetta Jefferson, Vonkycha Thomas and Datrianna Singleton. The Consumer Decision Making Green team won 10th place; members were: Ashunti Chase, DeAnika Hopkins and Alexis Brown. The Nutrition Illustrated Talk EFNEP White team won 2nd place; members were: Karnika Bolden and Ladayadria Campbell. The EFNEP Green team won 3rd place; members were: Ashley Jordan and Ashley Threats. The Nutrition Illustrated Talk FNP White team won 3rd place; members were: Joslyn Fairley and On’Junae Hewitt. The FNP Green team won 5th place;



4-H Agent Kris Mayers with 22 4-H members attending 2008 4-H U.

members were: Adrianna Sledge and Chasmon Reed.

Other participants were: Jason Hensley and Everett Halley in Automotive; and Tabitha Reed, Zeunka Scott and Jazmine Thompson in Consumer Foods Judging.

Name the 4-H Newsletter

You could name this newsletter! Can you come up with a catchy name for it? Write your suggestions (**in four words or less**) along with **your 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 22.**

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.

Race for the Cure

2008 marks a strong new year for survivors and activists to continue banding together against breast cancer. At the head of this magnificent fight is Susan G. Komen for the Cure® with their resounding promise to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures. Determined to fortify awareness, Komen has organized the Komen



Race for the Cure® Series, now the world's largest and most successful education and fundraising event for breast cancer. Currently, these races bring together over one million believers each year to battle breast

cancer by walking or running the 5k marathon.

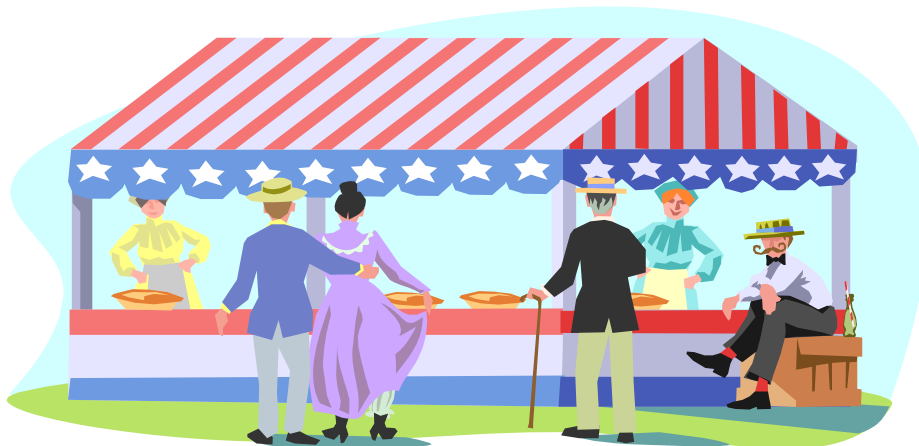
This year's race will take place **Saturday, September 13** again at Forsythe Park in Monroe. East Carroll 4-H'ers, leaders and volunteers have participated in the Race for the Cure for the past five years. Each year our donation has grown to help find a cure for breast cancer.

4-H Fair Exhibits

Fair time is coming. The North Louisiana Cotton Festival will be **October 22-25**. All entries for the Cotton Festival must be brought to the 4-H office on **October 17**.

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.





We're on the Web:
Lsuagcenter.com

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

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

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

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 **seven words or less**. To enable the campers to have more of a choice in the design of their T-shirts this year, illustrations must accompany the phrase and will be part of the contest. 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 monetary award from the LAE4-HA (La. Assoc. of Extension 4-H Agents). Think fast — the deadline is **October 31**.

Submissions must also include the following:

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

Contest entries will be judged by the LAE4-HA Ways and Means Committee and the 4-H Camp Staff. After final selection the winner will be notified and asked to sign a release for the slogan to be used in all publicity for the camp as well as on the T-shirt. Both the 4-H'er and parent/guardian must sign the

release.

Deadline for receipt of entries is Friday, October 31. Individuals may submit multiple entries which may be sent together to the following:

1. Grant Walker 4-H Ed. Center
Camp Catch Phrase
3000 Hwy. 8
Pollock, LA 71467
2. Fax: (318) 765-3135 or
3. Email: kmlandry@agcenter.lsu.edu