



NEWS

Information from the State 4-H - Youth Office

VOLUME XIII, Number 7
September 9, 1975

TO: Agents Responsible for 4-H and Youth Development
FROM: The 4-H Staff - Chester D. Black, Assistant Director, 4-H *CWB*

IN THIS ISSUE

- Order State Sponsored Medals
- James West Joins Staff
- 4-H Traffic Safety Grant Ends
- Report Anytime for July
- North Carolina 4-H Program Review
- Goodbye to David and Neal
- National 4-H Week
- Suggestions for Camp Improvement
- 4-H Place Mats for Sale
- IFYE Newsletter
- Interstate Exchange
- Free Magazines Reminder
- Handicraft Materials Available
- "I Dare You" Leadership Award
- Bicentennial T-shirts
- Bicentennial Ideas for Individual 4-H'ers and 4-H Groups
- Promote 4-H
- Date Set for Citizenship Short Course - 1976

JAMES WEST JOINS STAFF

James West, Agricultural Extension Agent in Wake County, joined the NCSU 4-H staff September 1 as 4-H Specialist. James has worked with 4-H in Wayne, Harnett and Wake Counties in addition to Agricultural, and Community Resource Development work. He brings a rich background and understanding of Extension philosophy to the state 4-H staff. James will be 4-H staff contact for the Southwestern and Western Districts, liaison with the horticulture and traffic safety programs, handle National 4-H Week promotion and State Fair in addition to other responsibilities.

Chester D. Black

4-H TRAFFIC SAFETY GRANT ENDS

A three-year grant for developing 4-H youth programs in traffic safety was concluded earlier this summer. Under the leadership of David Burnette, Neal Conoley and the excellent program efforts of the county 4-H staffs, excellent programs in automotive, bicycle, pedestrian, mini-bike and other safety programs were conducted. Hats off to all of their support and hard work! Who knows the lives that were saved!!

Chester D. Black

ORDER STATE SPONSORED MEDALS

Enclosed with the coordinator's Newsletter are two copies of the County Report Form for County Winners in 1975 State Sponsored Awards Programs (medals awarded by N. C. donors). See form for instructions.

Dalton R. Proctor



REPORT ANYTIME FOR JULY

Buncombe: The Beavertown 4-H Club used \$35.00 to sponsor a retarded child for one year in Special Olympics which is both a national and international activity. Future plans are for the club to sponsor two or three more children.

Gaston: Eighteen professionals were involved in the Youth Advocacy Program. The purpose of the meeting was to help agencies and consumers work together in responding to children's needs. Professionals from the Departments of Social Services, Board of Education, and Mental Health were asked to attend the session. Representatives of the Office of Children helped present the program.

McDowell: "Back to School Outing" was attended by 115 youth and 13 adults. Combining the fun of roller skating and swimming, the youth had a great recreation opportunity. The County Council met briefly as did the adult leaders.

Nash: Two community clubs went on an overnight trail ride and had a campout for 20 youth and 6 volunteers. These horse enthusiasts were off to encounter nature near Goat Mountain. They decided they enjoyed "roughing it."

Union: The 4-H Civitan Citizenship Development Week focused on the theme, "4-H Celebrates the Bicentennial." The objective was to help these 58 boys and girls, ages 12-15, appreciate and understand with the privileges of our heritage comes responsibility. Activities included food, heritage, gun safety, woodworking, recreation and citizenship. Sixteen volunteers, the Monroe Civitan Club and Union 4-H'ers wound up their week with a field trip to Old Salem, and a tour of the N. C. Zoological Park in Asheboro.

A three-day camp was held for middle income youngsters 9-11 years of age in their own community. This was an experimental program of taking the Extension program to the people. Thirty young people and 7 volunteers together with a PACE student and an intern went to a church

and held classes in woodworking, in-value clarification in relationship to decision-making, embroidery of jeans and nutrition which ended up with a cookout. Next year Union County plans to include six Community Day Camps.

Seventeen youth and six adults were off to Las Cruces, New Mexico on an exchange trip. For many, this was their first plane flight and they had a very exciting eight days visiting fellow 4-H'ers, eating chili peppers, hiking in the mountains and going to Mexico. For a few it was great to see old friends. Last year 22 youth and adults from Las Cruces spent a week visiting in Union County.

Wayne: Campers had a taste of International intrigue in a class studying the Filipinos as 120 youth in the EFNEP program and 30 volunteers had the opportunity to experience camping at a local day camp. Teachers for the session were young men on the 4-H work study program.

NORTH CAROLINA 4-H PROGRAM REVIEW

North Carolina is planning to conduct a 4-H Program Review February 2-6, 1976. The purposes of the review are to analyze current programming operation and impact in relation to the state situation, to identify strengths and opportunities for program improvements and, thus, to bring about staff commitment, priority programming, and relevant management changes.

The Program Review should provide a systematic examination of all aspects of the 4-H program as a part of the continuous program development process. It is not an evaluation of past programs, nor is it a performance evaluation of staff. Rather, it is an identification of present program with its attending concerns, establishing where we are, where we would like to be, and how we get to this new level. The review will focus on thoughtful discussion of the following six areas of the State 4-H Youth Program: 4-H Program Planning and Determination; Services to Audiences; Program Design (4-H Curriculum); Program Implementation; Staff Development (paid and volunteer); and Resources and Relationships.

Committee members were selected from a wide range of various specialty areas. This information is listed for your information: Dr. E. Dean Vaughan and Mrs. Sue Benedetti, ES, USDA 4-H Division; Dr. Charles Lifer, Ohio State 4-H Leader; Mr. Francis Pressly, National 4-H Foundation; Mr. Donald Osburn, National Service Committee; Dr. George Hyatt, Jr., Director; Dr. Carlton Blalock, Associate Director; Dr. Chester Black, Assistant Director, 4-H; Paul Dew, District Chairman; Josephine Patterson, District Extension Agent; Minnie Brown, State Agent, Home Economics Leader; Dr. Jerry Parsons, Adult Education Department; Dr. F. J. Humenik, Biological and Agricultural Engineering Department; Jimmy Tart, Communications Specialist; Dr. Maurice Voland, Community Resource Development Specialist; D. G. Harwood, Economics Department; Harriet Tutterow, Clothing Specialist; R. R. McNeely, County Extension Chairman; Lois Britt and M. C. Howell, Jr., County Extension Agents, 4-H; Nancy Stancil, County Home Economics Extension Agent; Chris Heavner, Youth; Winn Baker, Volunteer Adult Leader; Robert Wood, 4-H Development Fund; and all State 4-H Specialists.

William M. Garmon

GOODBYE TO DAVID AND NEAL

September 1 Neal Conoley left his position as 4-H Specialist to pursue studies in adult education toward a doctorate degree. Although his tenure with 4-H was only a year, Neal contributed significantly to N. C. 4-H work and the traffic safety program.

David Burnette will become County Extension Chairman in Buncombe County on October 1 following his return from study leave. David's contribution (developer of the State 4-H traffic safety program) will be remembered. Good luck, fellows!

Chester D. Black

NATIONAL 4-H WEEK

National 4-H Week observance is October 5-11, 1975. The promotional kit to be used during this week is being sent to the coordinator under separate cover.

The National 4-H Promotional Kit focuses on the Bicentennial and the new national 4-H theme "4-H '76 -- Spirit of Tomorrow."

James P. West

SUGGESTIONS FOR CAMP IMPROVEMENT

The State 4-H Camp Committee, Clyde Chesney, Leon Harkins, Mary Louise Nesbitt and myself, is anxious to receive suggestions for improving our camp facilities. We are requested to make suggestions to the 4-H Development Fund Board for capital improvements. As acting chairman, in the absence of Lyman Dixon, I would like for you to send to me or any member of the committee suggestions for camp improvements.

If you have suggestions for camp program, scheduling, staff, etc., please share these with me.

Fred H. Wagoner

4-H PLACE MATS FOR SALE

Four-H place mats will be available from the state 4-H office at a cost of \$.75 for 100. These may be used during National 4-H Week to focus attention on 4-H in your county. We have about 9,000 leftover and would like to sell. Contact James P. West, 4-H Specialist, for your order. Please make checks payable to N. C. 4-H Club Account.

James P. West

IFYE NEWSLETTER

Enclosed is a copy of the second newsletter from Ann Rushing, IFYE to France. I think you'll find this one very interesting.

Pauline E. Moore

INTERSTATE EXCHANGE

Racine County in Wisconsin would like to travel to our state in 1976 and host in 1977.

This part of Wisconsin is very beautiful, especially in the summer months.

If your county is interested, please contact directly Connie Lewis, 4-H Youth Agent, Racine County, Route 1, Sturtevant, Wisconsin 53177.

Pauline E. Moore

FREE MAGAZINES REMINDER

Regarding the article, "Free for Your Leaders," in the last Newsletter, we have not heard from very many counties at this time. Please get these names to me by October 1.

Dalton R. Proctor

HANDICRAFT MATERIALS AVAILABLE

Our leather craft project this summer has proven to be extremely satisfactory and some agents and leaders have requested the opportunity of purchasing some of the leather and tools. We do have a few leather strips in all three sizes left-over which I'd be glad to make available at \$2.00 each to include leather, buckle and rivets. If you want the tools, we will be glad to rent them to you at \$5.00 per month. We prefer not to sell them. If you purchase as many as 20 belts, we can supply the dye and paint at no extra cost.

I have other handicraft materials left-over from previous years that I would be happy to share at cost, which would be a considerable savings at today's escalating prices. We still have a few leather billfold kits at \$.85 each, string art kits at \$1.00 each, reed waste basket kits at \$10.00 per dozen, bookend kits at \$1.00 each, an assortment of copper enameling materials including ground glass, copper pieces, and findings; and a small quantity of the silver and copper pieces with tie tack findings to make hammered designs. If you are interested in any of these, please let me know.

Fred H. Wagoner

"I DARE YOU" LEADERSHIP AWARD

You should not want to overlook the opportunity to nominate one boy and one girl from your county to receive the "I Dare You" Award. This is given to recognize young people who have developed outstanding character and leadership qualities. You should have received in your county by now two yellow recommendation forms from the American Youth Foundation to use in applying for this award. This is a nice presentation to include in your county Achievement Program.

Chester D. Black

BICENTENNIAL T-SHIRTS

We would like to apologize for the delay in filling some of the orders for Bicentennial shirts. Unfortunately, we underestimated the demand for these shirts and did not order enough on our original order last spring. There has been a delay from the factory on the reorder. All orders have been filled except some youth sizes (6-8 and 10-12).

We have an ample supply of adult sizes manufactured and in stock which can be shipped immediately for those of you who would like to place an additional order. We expect the new shipment of youth sizes soon. We are hoping that many of you will want to promote the Bicentennial during the National 4-H Week observance this fall and other activities throughout the whole year of 1976.

Right now the price of \$1.50 each will hold with the present stock, however, should a reorder have to be made next year it may be that the price will go up at this very minimum rate. I would suggest that you place your order for shipment from the stock that we now have for delivery.

Fred H. Wagoner

BICENTENNIAL IDEAS FOR INDIVIDUAL 4-H'ERS AND 4-H GROUPS

What are your 4-H'ers doing to celebrate the Bicentennial? The value of the opportunities for participation in the Bicentennial depends entirely on the industry, creativity and enthusiasm of your 4-H members and leaders.

Change begins with you and education is change. Perhaps you will want to pass on some of the ideas included in the enclosed sheet entitled "Bicentennial Ideas for 4-H'ers", in order to change the directions and goals of some of your 4-H groups.

Charles E. Lewis

PROMOTE 4-H

As county fairs are approaching, this may be an opportunity for you to gain a leader, or a new 4-H'er, or a sponsor for a coming event.

Utilize the County Council members or other 4-H'ers by having them set up a booth at the fair to explain what 4-H is. Check your office for these promotional folders - Use Your Skills - Become A 4-H Leader (4-H F-1-41); Parents, 4-H Is for Your Son or Daughter (4-H F-1-42); Civic Club, Why 4-H Is for You (4-H F-1-45); A New Day the 4-H Way (4-H F-1-35); 4-H Gets It All Together (4-H F-1-9); 4-H, A World of Possibilities (4-H F-1-60).

Let's see if we can distribute these folders and make way for greater community involvement in the 4-H program.

If you do need promotional folders, use the 4-H Publications Order Form to place your requests.

Rebecca W. Martin

DATE SET FOR CITIZENSHIP SHORT COURSE - 1976

The date for Citizenship Short Course for 1976 has been set for the week of August 8-14.

More details will be sent later.

Pauline E. Moore

COUNTY REPORT FORM

for

County Winners in 1975 State Sponsored Award Programs (Medals awarded by N.C. Donors)

(Submit one (1) typed copy to Dalton Proctor, Room 204, Ricks Hall,
Post Office Box 5157, N. C. State Univ., Raleigh, NC 27607,
between September 1 and November 1, 1975.)

COUNTY _____ AGENT SUBMITTING _____

ADDRESS _____

Zip Code: _____

4-H MEDALS NEEDED BY: _____
(date)

| AWARDS PROGRAM | NAME OF WINNER | ADDRESS | ZIP |
|---|----------------|---------|-----|
| 1. RECREATION N. C. LP Gas Association | 1. 2. | | |
| 2. SEWING DEMONSTRATION (Senior) Lily Mills Company | 1. | | |
| 3. SEWING DEMONSTRATION (Junior) Lily Mills Company | 1. | | |

AGRICULTURAL EXTENSION SERVICE
NORTH CAROLINA STATE UNIVERSITY AT RALEIGH

SCHOOL OF AGRICULTURE AND LIFE SCIENCES

OFFICE OF 4-H CLUB WORK
Box 5157 Zip 27607

Newsletter No. 2

I have been requested by Ann Rushing, IFYE to France, to include you on the mailing list of her letters. Her address is: c/o Lucie Roman-Faisnel, rue de Boulogne, 30290 Laudun, France. The International Four-H Youth Exchange is conducted by the National 4-H Foundation in behalf of the Cooperative Extension Service. Friends of 4-H in Union County, North Carolina and the 4-H Foundation assisted in financing this exchange.

Sincerely,

Pauline E. Moore
Pauline E. Moore
4-H Specialist

PEM/pg

The French Meal - A Grand Occasion!

The meals in France have been very different from those I'm used to in the U. S. where my family eats in a rather haphazard fashion. In France, however, this is usually not the case. The meal is a grand occasion with everyone in his proper place. A meal in France can also be a long affair. We were at the table for more than 4 hours when we had company one day.

Most French meals include at least 5 courses and it is not uncommon to have more. All meals are served with lots of wine and bread. Before the meal is the aperitif or appetizer served with peanuts or crackers. There are many types of French aperitifs - wine may be served as one.

After moving to the table, there is first the hors d'oeuvre. At this time of the season, it is likely to be tomatoes with an oil and vinegar dressing served with hard boiled eggs, tuna, rice or some other fresh raw vegetable.

Next might be the main course. In some cases the vegetables and meat are served together or separately. We've been having a lot of fresh fish and other seafood, veal, liver and chicken. Most meats are served with some type of sauce. The vegetables and meats are usually garnished with parsley.

After the main course, is the salad. In my family, this has been fresh from the garden. The dressing for the salad is made from oil and wine vinegar with salt, pepper, hot mustard and eschalots.

Cheese is always a part of the French meal. Camembert, for which France is famous, is nearly always served along with 2 or 3 other types. Roquefort is a favorite.

(Over)



COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS, NORTH CAROLINA STATE UNIVERSITY AT RALEIGH, 100 COUNTIES AND U. S. DEPARTMENT OF AGRICULTURE COOPERATING

A dessert will come next. This can be a cake, pie or pudding among other lavish French desserts and in many cases is served with champagne. The French cakes and pies are not the same as U. S. Desserts. The cakes are very moist and the pies are usually large and flat without a pastry topping. In some cases, fruit is the dessert or it may be served in addition to the dessert.

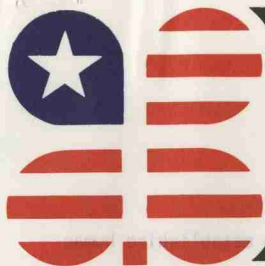
Coffee may be served to end the meal and is most often served at the noon meal. The French put lots of sugar in their coffee. In fact, I don't think I've met anyone so far who drinks it black! The meal may also end with an after dinner liquor or fruits, such as cherries, which have been preserved in liquor.

After all this, one wonders how to move from the table. You just "grin and bear it" and try not to look at the bathroom scales!

Au revoir from your fat IFYE in France,

Ann Rushing





AGRICULTURAL EXTENSION SERVICE

BICENTENNIAL IDEAS FOR 4-H'ERS
Page Two
September 3, 1975

4-H Celebrates Bicentennial

September 3, 1975

BICENTENNIAL IDEAS FOR 4-H'ERS

Observation and awareness can lead to action to solve a problem. You can be the eyes for your community. You can bring the problem of visual pollution to the attention of the public through your art expression.

- Observe things as you bike and walk. Adults driving in cars often miss much.
- Sketch unsightly scenes in your community.
- Show, through your art work, the multitude of signs hanging from posts, painted on buildings, windows, and on roads.
- Draw landscape plans and design focal spots of beauty and interest for public places. Draw the scene as it is to show contrast.
- Attempt to illustrate your community in its colorless condition, if that is true, and show how it would look if color were added.
- Show drawings of existing rundown buildings or neighborhoods. Include drawings of the restored building as you believe it could look.
- Be creative in bringing your work to the attention of the public.
- Would the editor be interested in cartoon drawings to stir people into action?
- Could you display your work at county fairs or use it in an illustrated talk at community meetings, organizations, or in school?

Music of America reflects the history and culture of the people. The ballads, folk and western, spirituals, chants, lullabies, gospel songs, war songs, and hymns speak the feelings of the people throughout American history. Music made life easier during difficult times. Folk songs cross many centuries and continents because they are true to the life and emotions of people everywhere.

- How can your group use music to express the informality of the new country?
How can you share your music?
- Can you relive the history of your people when you sing the folk songs of your heritage? Can you understand others better through singing their songs?
- Learn the music and songs of different periods of American history.
- What was the meaning of the Negro spiritual and the rallying songs of war?
- What aspirations are in folk songs?
- Could you bring a country singer or fiddler to your group? Could you organize a square dance?

(over)





BICENTENNIAL IDEAS FOR 4-H'ERS

Page Two
September 3, 1975

- Could your group attend an Indian powwow?
- Set part of your community's history that reflects progress in establishing human rights to a music or interpretive dance presentation.
- Could your club organize an old-fashioned band concert or a barbershop harmony concert?
- Could you help decorate the Historical Society, old restored historical home, or schoolhouse for Christmas in the authentic decorations of the year of its construction and organize a Christmas caroling party in that setting?

"Chicken every Sunday" was an American tradition in some families. The farmer's wife raised the chicken, chopped off its head, hand plucked, drew out the insides, and singed off all pinfeathers before cooking. She often sold her chickens to neighbors. Rhode Island Reds were considered the best for frying and White Leghorns good layers.

- How are chickens and other meats prepared for marketing today? Contrast this with 100 years ago.
- What advantages are there in modern scientific food processing methods?
- Could you contrast food processing of one food item in early days with today's methods for a 4-H demonstration?
- Does your family have traditional foods and eating habits? How did they get started?
- Does your family have dishes, serving pieces, or food preparation equipment that has been used by more than one generation? Is it still being used today?
- Could your county hold a Bicentennial Favorite Food Show featuring family food favorites served on dishes used by several generations of family members?

Find old photographs of sites in your town or surrounding area. It may be a main street, building, forested area, or body of water. Photograph the same site today.

- How can you interpret what you see in both photos?
- How has the site changed?
- What has caused the changes?
- How could you use these photos to draw attention to the good or poor condition of the site?
- What action can your 4-H club take to improve the site, if improvement is needed? How can you give recognition to the people, if any, who improved the site?
- Could a slide set of your town, showing then and now shots help make people realize that improvements are needed in your environment?
- What improvement would you like to see in the sites in the next 100 years?
- Could you build a Then & Now exhibit where the fair visitor could push a button and see a series of photographs of locations, objects, or people from the past and then the same subject today?



Find an antique piece of furniture or other item of wood used in your home or community. Many tools also were made of wood.

-Who used this item and where was it used?

-Could you preserve this article for future generations by repairing and re-finishing?

-If you exhibited your restored article at the county fair or in other displays, would it inspire others to preserve their heritage?

-Could your club hold an antique show and sale?

Clothing style is a direct reflection of scientific achievements, occupations, travel, changing habits of living, wealth, and personal freedoms of people. We can learn the social, religious, and political conditions of America by studying costume development. Record and share your discoveries creatively.

-How have the nation's economy, wars, women's rights, and education influenced women's fashions?

-How did women's entrance into sports, business, and professional life affect dress?

-What influence did the environment and social status have on clothing?

-Can you determine an individual's wealth and position by his dress today?

-During what periods of history did elaborate fashions rise to great importance? How did war affect fashion?

Write a radio or TV script. Interview the first 4-H leader, a community business-man, or a senior citizen who recalls a particular period of time.

-Could this interview be the attention getter for a county fair demonstration with historical content?

Write a biographical study of one or more pioneers.

-Could your writing be published in a local paper?

Make a list of ten important events of the 1st century of the history of your community.

-Could you illustrate these and use them as a backdrop for an exhibit at the county fair?

-Build a float for a community parade and share 4-H history with the public.

Prepare a Hall of Fame of your city's outstanding artists, doctors, photographers, architects, engineers, farmers, inventors, athletes, scientists, clergy, teachers, elected officials, and others who have contributed greatly to your community's growth and development. Include a brief biography, picture, and examples of each person's work.

-Could this project help you and others understand the people who are and have been leaders, citizens, pioneers, and innovators in your community?

BICENTENNIAL IDEAS FOR 4-H'ERS

Page Four

September 3, 1975

-Could the Hall of Fame be exhibited at a Bicentennial Center, community center, county fair, or courthouse, and be moved about to be seen by the greatest number of people?

-Would this be a way to show appreciation to the people who have met the challenges and responded to the promises of America? How could your club show appreciation in other ways?

Soon after their 2nd birthday, most colonial children were seated at the family table and ate what the adults ate. It was a hearty fare with meat twice a day, vegetables in profusion, all sorts of berries, and homemade pastries, pies, puddings, and bread in abundance. The colonial diet was varied and rich. Food was washed down with apple cider, tea, or beer. Only babies drank milk, and few colonists escaped dental problems. In the past many people wore dentures at an early age.

-How does our health today compare with the health of earlier citizens?

-How is your health affected by your diet?

-How has your present health care and education affected you? What dietary changes should you make in the future?

As part of the American bicentennial celebration you may wish to get your home ready for the party. It could be a great gift to the nation. Talk with your family about plans for future repairs. Offer your help.

-Could your home use a clean-up, fix-up, paint-up face lift?

-Could you repair steps and sidewalks?

-Do you have broken fences, junked automobiles, dilapidated buildings, obsolete signs, and other refuse that should be removed?

-Could you plant flowers and trees in your yard? Could you trim overgrown bushes and trees?

-Could you join hands and heads with other 4-H members and work together to improve your homes?

-Could your adult leaders help you find a truck for hauling and ladders and tools for repair?

-Could you help people who do not have 4-H members in their homes?

-Could July 4, 1976 be the party with all preparations made before that?