



Information from the State 4-H-Youth Office

VOLUME XIII, Number 10
November, 1975

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

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DATE SET FOR NATIONAL 4-H CONFERENCE

The dates of April 24-30, 1976, have been set for the 46th National 4-H Conference to be held in Washington, D.C. The conference program will center around the Bicentennial theme.

Pauline E. Moore

BICENTENNIAL SHIRTS

Bicentennial T-Shirts are still available in the following sizes: 6-8, 10-12, 14-16, 38-40, 42-44 and 46 at \$1.50 each.

Please inform your leaders of this opportunity to obtain these unique items which can be used as incentives and for fund raising projects. Suggested selling price is \$2.00 each.

You may order at any time from my office.

Dalton R. Proctor

DATE CHANGES

The date for the Southern Regional Adult 4-H Leader Forum has been changed to October 18-22, 1976. Please make this change on your 4-H Calendar of Events.

Dalton R. Proctor

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



BICENTENNIAL STICKERS

These bumper stickers are still available at a cost of \$10.00 per 100, or 10 cents each. These are excellent for incentives and for fund raising. Order at any time from my office.

Dalton R. Proctor

AGRONOMY PROGRAM REORGANIZED

We are indebted to the Agronomy staff for undertaking a reorganization and revitalization of their 4-H Program. You recently received a letter from Dr. Guy Jones outlining the changes in projects and demonstrations. We ask each county to discuss these changes and demonstrations with co-workers in staff conference. While it will require some patience as new materials are developed, we urge your utilization of the materials and extensive support of two new demonstration areas.

Chester D. Black

EASTER SEAL SOCIETY OFFERS PROGRAM

Enclosed with the 4-H Coordinators copy of this Newsletter is a letter from the Easter Seal Society offering a program for 4-H clubs or county councils on services for the handicapped. A list of offices to contact for programs is also attached. This is provided as information only.

Chester D. Black

MEDAL ORDERS DUE

Please send in your Form 1 for county winners as soon as possible so we can take our final inventory. These were due in my office on November 15; 20 counties have not reported.

Dalton R. Proctor

FLORY ELECTED

Roland Flory, Extension Agent, 4-H, in Alamance County, has been elected Vice-President of the National Association of Extension 4-H Agents. This distinctive recognition of Roland's leadership is a credit to him and the North Carolina 4-H Agents Association which conducted the successful campaign in Louisville, Kentucky. Congratulations, Roland!

Chester D. Black

EXTENSION AGENTS HONORED
BY 4-H ASSOCIATION

The National Association of 4-H Extension Agents recognized three North Carolinians at their annual meeting in Louisville. Receiving Distinguished Service Awards were A. P. Coleman of Wilson County and Garland McCullen of Columbus County. Clara Motley of Hertford County was recognized for 25 years of service to 4-H and young people.

Chester D. Black

MRS. EDWARDS HONORED

Mrs. Cleo J. Edwards, 4-H Specialist, was recently honored for her work with 4-H by the Wilmington, North Carolina, Star-News Newspaper. The Star-News Newspaper has for 18 years sponsored the Southeastern North Carolina 4-H Honors Program for its subscribing counties which this year included Bladen, Brunswick, Columbus, Duplin, New Hanover, Onslow and Pender counties.

A new award, the Al G. Dickson Plaque, was given in memory of Mr. Dickson, who, as Executive Editor of the Star-News, originated the 4-H Honors Program. The award will go each year to the individual or organization contributing most to 4-H. This year's recipient, Mrs. Cleo J. Edwards, was cited for her help in organizing and updating the program year-by-year.

4-H BICYCLE PROJECT

Do you ever feel the need for more help in planning, administering, conducting, and evaluating 4-H programs? It is my intent to provide that help, at least, with 4-H safety programs.

Being new to the staff, I need some situation information before I can be of much help to you. Right now I would like to know more about the 4-H Bicycle Project. If you will send me answers to my questions about your county, I will share the collected information with you. The enrollment figures you recorded on the last ES-237 4-H Report will be used, unless you wish to include them with your response to my questions.

1. Number enrolled in 4-H before enrolling in Bicycle Project.
2. Number of Bicycle enrollees enrolled in other 4-H projects.
3. Are Bicycle enrollees recruited through schools only?
4. Are Bicycle enrollees recruited through 4-H clubs only?
5. Are you able to secure an adequate number of bicycle instructors?
6. Do you have enough monetary and material support?
7. What organizations in the communities support the Bicycle Project?
8. How do you suggest the Bicycle Project could be improved?

Please send your responses to:

John F. W. Schulze
Extension Safety Specialist
N.C. State University
Post Office Box 5906
Raleigh, NC 27607

OPPORTUNITIES FOR BICYCLE CAMP

The 4-H Pedal Power Camp which has been conducted the last two years at Betsy-Jeff Penn Camp has been very successful. Should we have it again?

This camp has been for 9-14 years of age boys and girls who have a special interest in bicycling. They have been exposed to bike care and maintenance, simple repairs, safety, traffic environment, and bike skills. They have also been able to enjoy other camp activities such as swimming, canoeing, vespers and tour of Plantation Home.

Campers bring their own bike and arrange their own transportation. Counties have no quotas.

Enclosed in the coordinator's newsletter is a questionnaire to be returned by December 15th, to determine the interest in this camp this year.

Henry Revell

LIVESTOCK JUDGES 10th

Jim Butler, Animal Husbandry Specialist, reports that North Carolina's 4-H Livestock Judging Team placed tenth in the national contest at Louisville, Kentucky. There were 32 state teams entered in the contest. Mike Lemons of Wilson County tied for first place in swine judging. Congratulations team members!

Chester D. Black

IFYE NEWSLETTERS

In this issue we have four newsletters from Ann Rushing (Union County), IFYE to France and two from Rebecca Clapp (McDowell County), IFYE to Jamaica. We hope you find these of interest.

Pauline E. Moore

4-H CITIZEN AMBASSADOR PROGRAM

Four-H Citizen Ambassadors are young people of our nation who go out to people of other nations to establish and maintain good relations not only with a select few but with all the people. Innumerable private lines of good communication will help maintain peace.

Write directly to the program coordinator: Mrs. Ruth J. Shane, U.S. Program Director, 4-H Citizen Ambassador Program, P.O. Box 322, Pullman, Washington 99163, for further information.

Pauline E. Moore

NEW TRAVEL SEMINAR OPPORTUNITIES

You're invited to participate in an International Extension 4-H Travel Seminar to Africa or Latin America. This is open to all Extension personnel.

The African program will begin February 25 - March 19, 1976 with travel to Kenya, Botswana and possibly Swaziland. Approximate cost to those who qualify for scholarships will run between \$1000 - \$1200. (Spouses are welcome if they plan to participate in the program, cost will run about \$2200).

The Latin American program, for Extension personnel and volunteer leaders, will take place October 11-27, 1976. Travel to Jamaica, Venezuela and Trinidad and Tobago. Cost is from \$1000-\$1400 which includes round trip from Washington and return to Miami, Florida and some of your meals. Exact cost will be announced in December, 1975.

These type programs can really provide participants with some concrete information on youth

programming, and can have impact back at the local and state level. For further information write: National 4-H Foundation, International Division, 7100 Connecticut Ave., Washington, D.C. 20015.

Pauline E. Moore

EXPECT TO PAY

Some other states may have just the publication you want. Fine! Order it, but expect to pay. Publications distribution policies vary. Some states will do their best to provide publications free to Extension co-workers; others have a policy that requires a charge. Investigate policy prior to ordering multiple copies for county use.

Becky Martin

N.C. RURAL SAFETY COUNCIL AWARDS PROGRAM

Why not encourage county 4-H groups and individuals to participate in the North Carolina Rural Safety Council Awards Program? Attention should also be given to the "Adult Professional" category, designed to recognize professionals who provide leadership for implementing safety programs--this category includes Extension workers.

Not only does the program provide an opportunity to recognize some of the excellent 4-H safety accomplishments, but it could serve to encourage 4-H'ers and others to conduct safety programs; thus, learn more about safety. To apply return the enclosed Entry Form to me by March 15, 1976. Write me for extra copies.

W.M. Garmon

NATIONAL WINNERS AND ALTERNATES

Enclosed is a list of N.C. National winners and alternates, 1975. North Carolina led the nation with the largest number of national scholarship winners. We are proud of our 4-H agents, leaders and 4-H'ers. Congratulations!

Chester D. Black



The Easter Seal Society for Crippled Children and Adults of North Carolina, Inc.

832 Wake Forest Road, Raleigh, North Carolina 27604 • 919/834-1191

November, 1975

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Dear Extension Friend,

The business of the Easter Seal Society is to serve the handicapped. One of the best ways we can do this is by informing the public. We would like to offer for your 4-H Clubs or County Councils an Easter Seal program on our services and talk about living, working, and being friends with people who have a handicap.

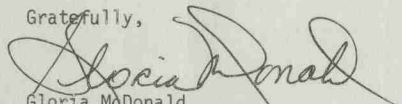
Our presentation usually lasts one-half hour with time for questions. We have films, slides, and booklets as hand-out pieces and, best of all, experiences to draw on to make the program interesting and informative.

Attached is a list of our local offices. If you are interested in having us at one of your meetings, please call the office nearest you. Together we can set a time and place.

I think you will be glad you took the time to follow up on this offer. There are many ways to help your fellowman. . . To know him better is a good start.

We really look forward to hearing from you.

Gratefully,


Gloria McDonald
Special Projects Director

GM/sa

Attachment

NORTH CAROLINA EASTER SEAL CHAPTER OFFICES

Blue Ridge Chapter
1000-C Haywood Road
Asheville, N. C. 28806
(704)258-0782

Dogwood Chapter
1608 East Independence Boulevard
P. O. Box 9412
Charlotte, N. C. 28299
(704)376-4439

North Central Chapter
Route 4, Box 95, Highway 54
Durham, N. C. 27703
(919)544-1721

Northeast Chapter
P. O. Box 1391
Greenville, N. C. 27834
(919)758-3230

Northwest Chapter
3061 Trenwest Drive
P. O. Box 5082
Winston-Salem, N. C. 27103
(919)765-6035

Pine Valley Chapter
832 Wake Forest Road
Raleigh, N. C. 27604
(919)834-1191

South Central Chapter
P. O. Box 1408
Southern Pines, N. C. 28387
(919)692-6074

Southeastern Chapter
P. O. Box 1259
Jacksonville, N. C. 28540
(919)455-0339

Tri-County Chapter
P. O. Box 10162
Greensboro, N. C. 27404
(919)378-9484

The North Carolina Rural Safety Council

The North Carolina Rural Safety Council was created in 1960 by a group of farm leaders, physicians and representatives of public agencies to promote rural safety programs and activities. The Council's objectives are:

1. Provide leadership in safety education and assist in promoting safety activities among farm and other rural residents.
2. Assist in promoting a safety awareness among farm and other rural residents and to stimulate them to practice safety at all times.
3. Encourage and stimulate additional activities in safe living on the farm, in the home and in the community.

The North Carolina Rural Safety Council is a non-profit organization. Its activities are financed by dues received through four classes of membership: individual membership at \$2 annually, local group membership at \$10 annually, statewide group membership at \$25 annually. Membership is open to all organizations, agencies and individuals interested and engaged in safety activities and programs for farm and other rural residents. Individual members and appointed delegates of group or sustaining members have equal voting privileges.

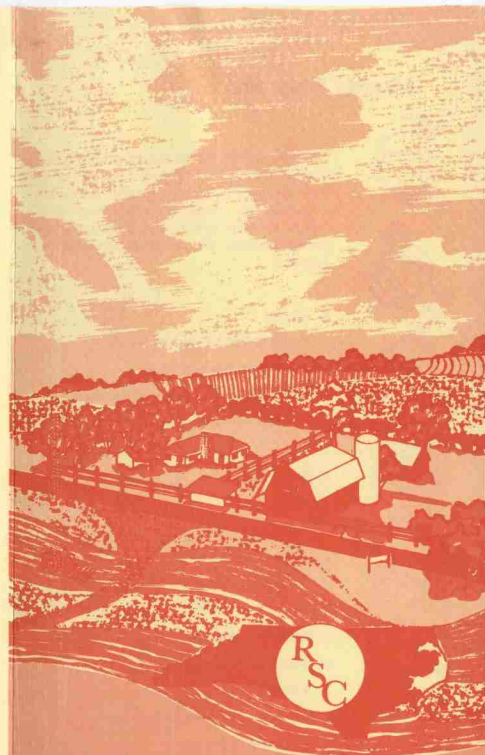
The North Carolina Rural Safety Council cooperates with all national, state and local agencies that have an interest in the safety of rural people.

Entry Procedure

Persons wishing to enter the N. C. Rural Safety Council Awards Program or to nominate someone for the program can secure an entry form from their local county extension office or write to:

Rural Safety Awards
P. O. Box 5157
N. C. State University
Raleigh, N. C. 27607

The entry deadline is March 15.



ANNUAL

Home, Farm, and Community SAFETY AWARDS PROGRAM

Sponsored by the North Carolina Rural Safety Council

Awards Program



Each year the North Carolina Rural Safety Council through its Awards Program recognizes groups and individuals who, during the preceding year, made an outstanding contribution to rural safety. The awards are presented annually. The award categories are as follows:

1. Youth

- Youth under 13 years of age
- Youth over 13 years of age
- Youth group with under 30 members
- Youth group with over 30 members



2. Adult

- Adult
- Adult professional
- Adult group with under 30 members
- Adult group with over 30 members



3. Special Categories

- Volunteer fireman
- Volunteer fire department
- Volunteer rescue squad member
- Volunteer rescue squad



Eligibility

To be considered for an award a group, organization or individual must be nominated. The nomination may be made by anyone familiar with the safety activities of the nominee. The nomination is made by the completion of an entry form and the submission of a 300-word description of the program conducted by the individual, group or organization being nominated. Past awards recipients have included civic clubs, volunteer fire departments and members, 4-H members and clubs, community development groups, Scouts, county Farm Bureau organizations, Grange chapters, church groups, wildlife protectors, FFA, FHA, Extension Homemakers Clubs, and rescue squad and members.

Basis For Judging Nominations

Judges will use the following criteria in selecting award winners:

- The uniqueness, timeliness and magnitude of the safety program conducted by the nominee.
- The degree of program's success.
- The number and type of individuals and groups who participated in the program.
- The number and type of individuals or groups who were affected by the program.
- The type and extent of leadership developed.
- The impact of program results and evidence that the safety practices will continue.

Examples of Safety Programs

- Promotion of use of slow moving vehicle emblems.
- Defensive driving workshops.
- Demonstrations on rescue techniques, first aid, and other water safety practices.
- Elimination of hazardous curves and intersections on rural roads.
- Elimination of dangerous and unsightly junk and litter from roadside and community.
- Bicycle safety programs.
- Lawnmower safety programs.
- Programs on the safe use of agricultural and household chemicals.
- Fire escape plans and home fire hazard hunts for the home and farm.
- Special safety programs for children.
- Special safety programs for the elderly, including fall prevention.
- Promotion of use of fire retardant materials.
- Programs on gun safety.
- Safe operation of farm machinery.
- Recreational safety.



QUESTIONNAIRE - BICYCLE CAMP

Return to Henry Revell, Jr., 4-H Specialist, P.O. Box 21928, Greensboro,
North Carolina 27420

COUNTY _____ AGENT REPORTING _____

1. Do we need the 4-H Pedal Power Camp this year? Yes _____ No _____
2. Do you prefer July 25-31, 1976 (Sunday through Saturday) at \$40.00 _____ or,
3. Do you prefer -
July 26-31, 1976 (Monday through Saturday) at \$35.00? _____
4. Estimate number of 9-14 year olds to attend from your county? _____
5. Did you know for every 10 youth attending, an adult leader may come free?
Yes _____ No _____
6. Will your Pedal Power Camp quota include an adult leader? Yes _____ No _____
7. Did your participants last year enjoy the Pedal Power Camp? Yes _____ No _____
8. Do you have a county-wide Bicycle safety program? Yes _____ No _____

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 Number 3

I have been requested by Rebecca Clapp, IFYE to Jamaica to include you on the mailing list of her letters. Her address is: c/o Jamaica 4-H Clubs, 6 Richmond Avenue, Kingston 10, Jamaica. 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 McDowell 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

Have you ever considered honoring all of the National Heroes on one day? Such is the situation encountered in Jamaica.

October 20th marks National Heroes Day for Jamaica. It is on this day they recognize seven national heroes, two of whom were elevated to this distinction in 1975. The names; Paul Bogle, George William Gordon, Marcus Garvey, Norman Washington Manely, Sir Alexander Bustamante, Sam Sharpe and Nanny, mean nothing to a citizen from the States, but these people have been the backbone to Jamaica.

In addition to the recognition of the national heroes, there are a number of national honors and awards presented for outstanding service to Jamaica. In 1975, 128 different individuals received recognition in various fields ranging from arts to military. These presentations are made at King's House in Kingston, the capital of Jamaica.

The highlight of the day in Kingston is the Special Recognition Program at the National Stadium. Participants including the Jamaica Defense Force, Mass Choir, composed of area school children, and the Military Band present an impressive salute to the National Heroes. Each of the country's fourteen parishes also have special programs in salute to the national heroes at the Parish Capital. In conjunction with the celebration, a special church service was held on Sunday, preceding National Heroes Day.

The year 1975, was significant in that Nanny and Sam Sharpe officially became national heroes. Nanny, the first National Heroine, was the leader in the Maroon's struggle for independence from the British in the 18th century; Sam Sharpe was the pioneer in a fiery battle for the abolition of slavery. He played a significant role in the 1831 uprising.

The National Heroes Day sets Jamaica apart because of its unique historical background.

Rebecca Clapp, IFYE to Jamaica



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

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 Number 4

I have been requested by Rebecca Clapp, IFYE to Jamaica, to include you on the mailing list of her letters. Her address is: Jamaica 4-H Clubs, 6 Richmond Avenue, Kingston 10, Jamaica. 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 McDowell County, North Carolina and the 4-H Foundation assisted in financing this exchange.

Sincerely,



Pauline E. Moore
4-H Specialist

PEM/pg

The thought of a country like Jamaica brings to mind beautiful beaches and large hotels, but Jamaica is really much more. A small country of only 4,400 square miles, it produces a myriad of agricultural products. Farming is a way of life for most of the population. The most striking aspect of Jamaican agriculture is the disparity between the large, modern estates and the tiny, medieval-size land holdings of most farmers.

Recent statistics indicate about 77% of the population own 15% of the land while only 230 families own 44% of the land area of Jamaica. Because of limited educational opportunities, farming becomes the primary source of income for most families. These families are often forced to exist on an income considerably below what Americans consider "poverty level." Can you imagine feeding a family of ten or twelve on only two acres of land? Such is the fate of many Jamaica families.

The Democratic Socialist Government has initiated many programs in aid of the small farmers and agriculture, in general. Among such are low interest rate loans; low cost land lease; food farms, a form of cooperative farming; and JAMAL, an adult literacy campaign. Each in its own way is serving to upgrade the current agricultural production levels thereby increasing agricultural incomes. The World Bank and the United States have also offered low interest money to Jamaica, earmarked for agricultural use.

Jamaica has traditionally been an exporter of sugar, bananas, citrus, pimiento, coffee and ginger, but imports huge supplies of staples such as wheat, rice, and meats. Much of the emphasis upon increased production has been focused upon these staples as the country strives for self-sufficiency. Efficient use of existing lands could greatly affect production and makes the goal of self-sufficiency quite within reach.

(Over)



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

The government's socialist plans has affected agriculture just as it has all aspects of Jamaican life. This ideal or discipline has been used time and again to redistribute lands. The ultimate goal being an equalization of land ownership by the agricultural sector. The combination of stumbling blocks; illiteracy, ancient techniques, poor land utilization, and poor land distribution make the government's goal of socialized agriculture an interesting task indeed!

Rebecca Clapp, IFYE to Jamaica



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 Number 5

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

Greetings from France

During the summer and fall, I have found that one does not work all the time on the farm. The most popular distractions are swimming and camping in the summer and village festivals throughout the summer and fall.

Many of the villages, even the tiny ones, have public swimming pools. Often there will be an indoor pool beside the outdoor one so swimming can be enjoyed year-round. There is always a kiddie pool for the overabundance of little devils in France.

Camping is also enjoyed by many of the French during the summer and fall. There are public campgrounds with pools and playgrounds beside larger rivers and along the coast. There are also tiny campgrounds. It's not unusual to be driving through the country and see a field of tents and campers for some of the farmers reserve tiny spaces for camping.

During the summer and fall, many of the villages have "fêtes" or festivals. The fêtes are organized by the people of the village as a distraction from the normal work. The number of different types is without limit for I have not seen two exactly the same. One fête I saw was similar to a field day at 4-H camp with 4 tiny villages competing against each other. Another was a village dance with music for young and old. At another there were crafts, homemade goodies and a sheep for the person who could guess the weight. The largest fête I saw resembled a county fair with shooting games, bumper cars, a roller coaster and cotton candy.

A part of every fête is a "feu d'artific" or fireworks display. Huge or small they are enjoyed by all. Rockets and pinwheels blazing into the sky signal fun for everyone.

A bienfôt, Ann Rushing

(Over)



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

My Day at School

Last week, with my French brother, Joel, who is 14 years old, I spent a day at school. It was planned that I would be in the English classes to answer questions about the United States.

The French school system is a little different from the U. S. The numbers of the classes go in descending order. The 12th grade corresponds to U. S. kindergarten. The 11th grade corresponds to U. S. 1st grade. The class known as "Terminal" corresponds to U. S. 12th grade. The students in "Terminal" study to pass the "Baccalaureate" exams. To pass the "Bac" is approximately the same as receiving a high school diploma.

The day at Joel's school begins at 9:00 a.m. There are 3 classes before lunch, each lasting about an hour. Lunch is from 12:00 until 2:00 p.m. and the students can do what they want during this time. Some eat at the "canteen" and others go home for lunch. After lunch there are 3 classes and school ends at 5:00 p.m.

My experiences in the English classes are impossible to recount. All students are required to study English beginning in the 6th grade (U. S. 6th also). Those students who had studied English only one year, asked their questions in French. The number of subjects they chose was remarkable but they were mostly interested in the things we eat and the way we live. One little boy wanted to know what kind of car President Ford drives! Those students who know more English were obliged to ask their questions in English. Thank heavens they were somewhat restricted in the things they knew how to say!

By 5:00 p.m. my brain was completely worn out. Speaking partly in French and partly in English is a real mind bender! We returned home that day a little tired...and just in time to milk the cows.

A bienfôt, Ann Rushing



AGRICULTURAL EXTENSION SERVICE
NORTH CAROLINA STATE UNIVERSITY AT RALEIGH

SCHOOL OF AGRICULTURE AND LIFE SCIENCES

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Box 5157 Zip 27607

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Sincerely,

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

Let's go shopping the French way!

Shopping in France is a little more complicated than shopping in the U. S. By habit, I expected to go to the supermarket when we needed meat, fresh vegetables or bread, but very rarely does one shop like that in France.

A typical day of shopping, we might start with the "boulangerie" (bakery) where we buy that famous French bread. I quickly got used to slicing my own bread any size I wanted but my families still laugh at the way I cut!

Next we might go to the "patisserie" (pastry shop) for cakes, pies and pastries. It's also the place to go on a hot summer day if you want an ice cream cone. Sometimes it's hard to drag me away from the patisserie window for I love to stare at the goodies.

The "confiserie" (candy shop) might be next on the list if we want some good French "bonbons". Sometimes the patisserie and confiserie are combined so we can get all our goodies in one stop.

Now that we have our bread, we find that we need some meat so we head for the "boucherie" (butcher) where we find lots of good but expensive beef. Then we go to the "charcuterie" (delicatessen - butcher) where we find pork products; ham, sausages, pate, pork roast etc. If we want fresh fish and seafood we go the the "poissonnerie."

Of course, we still need other groceries so we go to the "epicerie" (grocery store) where we get canned goods, milk, cheese, wine and sometimes fresh fruit and vegetables. It's not the same as a U. S. grocery store!

Now, what about those other errands we need to run on our shopping day? Since we must write many newsletters we go to the "papeterie" (stationers) for writing paper, envelopes and pens. One can also buy notebooks, erasers, typewriter ribbons. And if we get an urge to read, we head for the "librairie" to buy the latest French novel.

(Over)



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

Next, there's the "pharmacie" for medicine and toiletries. Baby food is also found there along with other baby needs. When I begin to worry about my weight, I go there, for there is usually a giant scale for weighing for people like me!

The list of French stores could go on and on. The names usually end in "rie." With the small stores, you will find that the owner really knows his business. In the small towns, the owners and customers have developed friendships so there's a lot of gossip when one goes shopping!

That's how a day of shopping might go. If you're lucky you have gone to the right store for the things you need! Otherwise, you'll have tired feet like me.

Ann Rushing, IFYE to France

Newsletter Number 8

A Day With The Cows

Greetings from the Biotteau farm. My 6th family, in west central France, has a dairy farm which covers 45 hectares of green rolling hills. The cows and calves require constant care and attention. I haven't gotten a definite count of the cows and calves but at this time they are milking around 40.

A typical day begins around 7:30 a.m. Mr. and Mrs. Biotteau use the sun for their alarm clock and then wake up the rest of the family. Marie Claude, 21 and the oldest, works on the farm and earns a salary. She and Mrs. Biotteau do most of the milking while Mr. Biotteau cares for the younger cows which are located on property a few miles away. The milking is done by machine and 6 cows can be milked at once.

The boys, Joel and Loic prepare for school while the others are milking. Sometimes there is a great rush to get ready on time for they like to sleep late. The other children, Maryvonne, a family aide and Josianne at boarding school, are home only on week-ends.

The milking is finished between 9:30 and 10:00 a.m. After the equipment is washed, it's time for a breakfast of bread, cheese and jam with a bowl of fresh coffee.

The cows are herded to the pasture after breakfast. They have definite preferences as to which fields they like best. It's hard to get them to go to a field they don't like. For the rest of the morning there are the younger cows to be cared for, fed and given water.

The afternoon finds a variety of activities. There is work in the house and grass to be cut. We spent a few afternoons picking up rocks. The region is very rocky and the larger ones must be removed to protect the farm equipment. Another afternoon we killed and prepared 18 ducks for the freezer.

Between 6:00 and 7:00 p.m. it's time to milk again. Each cow has a name and a definite personality. Some must have their feet attached so they won't kick the person who attaches the machine. One must also remember which have just had calves. The equipment is cleaned and put in position for the next morning.

Supper is between 8:30 and 9:00 p.m. When there is a good program we watch the television while eating. Suppertime is also time for discussion of events of the day and almost any subject that comes to mind. We hit the sac between 10:00 and 10:30 p.m. to prepare for another day.

Au revoir from your milkmaid in France,

Ann Rushing

ENTRY REPORT
1976 NORTH CAROLINA RURAL SAFETY COUNCIL AWARDS PROGRAM

DEADLINE FOR SUBMITTING ENTRIES IS MARCH 15

Please complete and send to: William M. Garmon, Chairman
Rural Safety Council Awards
Post Office Box 5157, NCSU
Raleigh, North Carolina 27607

Name of Group or Individual being nominated _____

Address _____ County _____

Title of Rural Safety Program or Project _____

Check Awards Category Being Entered:

YOUTH

- _____ a. Youth under 13 years of age
- _____ b. Youth over 13 years of age
- _____ c. *Youth group with under 30 members
- _____ d. *Youth group with over 30 members

ADULT

- _____ a. #Adult
- _____ b. %Adult professional
- _____ c. *Adult group with under 30 members
- _____ d. *Adult group with over 30 members

SPECIAL CATEGORIES

- _____ a. Volunteer fireman
- _____ b. Volunteer fire department
- _____ c. Volunteer rescue squad member
- _____ d. Volunteer rescue squad

* Examples of adult and youth organized group categories might include civic clubs, e.g., Jaycees, Ruritan, Rotary, Lions, Pilot, etc.; 4-H clubs, churches, Farm Bureau organizations; school groups, e.g., FFA, FHA, Beta, etc.; Extension Home Makers Clubs; Community Development Clubs; Grange chapters; Scouts; business and professional; garden clubs, etc.

Volunteer adult safety work performed in addition to his/her professional employment.

% Professional adult providing leadership for and/or carrying out safety programs. Examples of nominees: wildlife protector, utilities workers, law enforcement, Agricultural Extension, farm organizations, Scouts, fire protection, Red Cross personnel; teachers, etc.

On a separate sheet of paper, describe in about 300 words the outstanding features of the Safety Program which is being submitted for recognition. Be sure to cover the program's uniqueness, timeliness, magnitude, and success. Give information on individuals and groups who participated in the program and were affected by its results. Describe any lasting effect of the program and any leadership that it developed. Attach letters, newspaper clippings, pictures and other documents that show evidence of success.

Individual making the nomination _____ Date _____
(Signature)

Address _____
(Street or Route) (Town or City) (State) (Zip)

NORTH CAROLINA NATIONAL WINNERS AND ALTERNATES - 1975

National Scholarship Winners

Achievement, girl	Mary Landen	Anson	\$800
boy	Stanley Rash	Forsyth	\$800
Alumni	C. Brice Ratchford	Gaston	Gold Key
Automotive	Danny Helms	Union	\$1,000
Bread	Glenda Hinson	Union	\$800
Citizenship	Luanna Parker	Union	\$800
Clothing	Karen McNamara	Forsyth	\$800
Consumer Education	Sara Buff	Union	\$800
Dog Care & Training	Quindolyn Helms	Union	\$800
Dress Revue	Lesli Jordan	Lenoir	\$800
Foods & Nutrition	Remona Jones	Craven	\$800
Food Preservation	Sylvia Howey	Union	\$800
Health	Michael Ritter	Moore	\$800
Home Environment	Sarah Howey	Union	\$800
Horse	Cathy Hill	Polk	\$800
Public Speaking	Willie Moore	Duplin	\$800

Scholarship Alternates

4-H Food Production	Kenneth McCaskill	Moore	1st Alternate
Health	Jennifer Cross	Rockingham	2nd Alternate
Home Management	Gena Poovey	Catawba	2nd Alternate
Photography	Patricia Todd	Davidson	2nd Alternate
Safety	Phillippa Smith	Henderson	2nd Alternate
Entomology	Selma Carter	Buncombe	4th Alternate
Beef	Jodi McDonnal	Union	5th Alternate
Electric	Teresa Cox	Randolph	6th Alternate

Sectional Trip Winners

Citizenship	Luanna Parker	Union
Dog Care	Quindolyn Helms	Union
Entomology	Selma Carter	Buncombe
Home Environment	Sarah Howey	Union
Horse	Cathy Hill	Polk
Public Speaking	Willie Moore	Duplin
Achievement	Stanley Rash	Forsyth

Alternate Trip Winner

Bicycle	Kathy Caruthers	Orange
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