



Information from the State 4-H-Youth Office

Volume XXII - Number 8 & 9

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Donald L. Stormer
Assistant Director
Extension State 4-H Leader



Cooperative Extension Work in Agriculture and Home Economics,
A&T and N.C. State Universities,
100 Counties, and U.S. Department of Agriculture, Cooperating.

YOUTH INVOLVEMENT DAY

Youth Involvement Day will be held November 6-7 at the Radisson Hotel in Raleigh. The two-day event is designed to help young people learn about the processes of state government. This is an opportunity for young people to pair up with state government officials and experience their work in public office. A memorandum is enclosed with the 4-H coordinator's copy explaining 1983 Youth Involvement Day. An application for young people and registration is also included. We hope you will have some 4-H'ers who will be interested.

FOOD LION DAYS

Food Lion Days are October 4-6 and October 11-13 in North Carolina. We have heard from 38 counties who plan to participate in the fund raising and/or 4-H promotion. If you wish to participate and have not yet responded to the 4-H office, you must do so immediately. Final plans are in the offing and agents in participating counties will be receiving final instructions in the next few days. TV spots will be broadcasted during National 4-H Week by Food Lion and will feature 4-H in using line overs or flashing messages.

4-H NEEDS ASSESSMENT PUBLICATION

The "4-H Needs Assessment" Publication is enclosed with the 4-H coordinator's copy of the newsletter. David and Carol Weatherford's work on needs assessment is reflected in this publication as well as other groups such as "Extension in the 80's" and U.S.D.A.'s "Blueprint for the Future". You will find this publication useful in your work and with your 4-H and Youth Committee.

THE CHEMICAL PEOPLE

The Chemical People will be broadcast on November 2 and 9 over Public Television. Each of the 4-H coordinators will be receiving a packet on this program and we encourage your participation locally. The packet will provide you with the overall information and details necessary for your participation. Look for it on your desk about the third week of September.

WESTERN STEER MARQUEES

Western Steer Restaurants are making available marquee messages for National 4-H Week. We will be supplying them with some sample messages but if you have something special you would like to have on a local marquee, you may want to contact the restaurant manager. Of course, participation by individual restaurants is at the option of the manager. Marquee promotion on 4-H is a special activity this year and we encourage you to identify motels, hotels and other restaurants that would display 4-H promotion displays for October 2-8.

1983 4-H DIGEST

COMMUNICATIONS PROGRAMS

Enclosed please find another 1983 4-H Digest on "Communications Programs". This is the sixth in a series of 4-H Digests providing information about private resource support to help expand and strengthen your 4-H program. We have about 50 extra copies if you need extras.

Donald L. Stormer

FIRST CAREERS NEWSLETTER

Well, there's a first for everything. Enclosed you will find our first Careers Newsletter. For information about careers programming take a look. There will be more newsletters in the future.

STATE COUNCIL RETREAT & WORKSHOPS

The State Council Retreat and Workshops were held at Betsy-Jeff Penn August 19-21. Enclosed is a short summary of that exciting weekend. Please take the time to catch up on what you missed if you were not able to make it.

Judy M. Groff

1983 NORTH CAROLINA STATE FAIR

The 1983 North Carolina State Fair will run from October 14-22, 1983, and 4-H'ers have the opportunity to exhibit insect collections for the duration of the fair. Twenty different cash prizes in two categories are offered and in the past few years most of those prizes have gone unclaimed due to a deficiency of entries. It is not too late for 4-H'ers to begin an insect collection; however, prompt attention will be necessary! Those youngsters that have begun insect collections should be encouraged to properly identify and mount them in the prescribed 18 X 24 inch display cases. I have a few of these cases left for sale at \$3.00 a piece. Please make checks out to the North Carolina Entomological Society and try to make arrangements to pick these up when you are in Raleigh since they are somewhat bulky to mail. A display case may also be made by the 4-H'er with some help from Dad. Request plan number 2532 from me if you cannot locate your supply. Those 4-H'ers planning to exhibit at the fair should contact me at P.O. Box 5215, N.C. State University, Raleigh, NC 27650, by October 1. A phone call to (919)737-4140 is also acceptable. More details are available in the official premium book available from the North Carolina State Fair, 1025 Blue Ridge Boulevard, Raleigh, NC 27607.

Rudy Hillman

NATIONAL LEADER FORUM CALENDAR

We have put together a calendar of topics and dates for National Leader Forums for 1983 and 1984. A copy is enclosed in the 4-H coordinators' newsletter. Additional forums may be added later.

* * * * *

COUNTY LEADER NEWSLETTER/A "GOOD-UN"

The Cabarrus County 4-H Volunteer Leaders' Newsletter is excellent. With the permission of Dave Goff, we have enclosed the September, 1983 issue. We have had numerous inquiries about leader newsletter development and design. Dave's product is an outstanding example of what is possible. It represents a lot of time and effort toward development of its present format and "show-cases" the growing county 4-H program it communicates.

Thearon T. McKinney

1984 PROGRAM ASSISTANT

National 4-H Council has announced the 1984 Program Assistant Position. A copy of the Position Description is enclosed and application forms are available from the State 4-H Office. Applications are accepted any time by National 4-H Council, however, application for 1984 spring and summer positions must reach National 4-H Council by December 31, 1983, for consideration. There are three employment periods a year, beginning on the following dates in 1984. February 1, May 25, and September 4, 1984. The position is for three months and may be extended for a maximum of two years depending on program needs and evaluation of employee performance.

National 4-H Council has requested that applications be signed by a member of the county and State 4-H Offices.

Please appraise your older 4-H members of this opportunity.

* * * * *

"I DARE YOU" AWARD

According to J. Kenneth Bryant, American Youth Foundation, information on the 1983 "I Dare You" Leadership Award offer was mailed to each county during mid-August. We hope you will take advantage of this offer to recognize two of your outstanding 4-H'ers.

* * * * *

HAMPSHIRE COUNTY 4-H EXCHANGE

The Hampshire County 4-H Exchange Club is looking for a county to exchange with for the 1984-85 session. They are interested in a county in North Carolina. They would prefer to host in the summer of 1984 and travel the following year.

Their club has 25-30 members, ages 13-18. Hampshire County is located in western Massachusetts. Made up of 20 cities and towns, the total population is 138,813. Most populated is the town of Amherst, which is the home of Amherst College, the University of Massachusetts and Hampshire College. Northampton, the county seat is the location of Smith College. South Hadley, the third largest town, houses Mt. Holyoke College.

While it is evident that education is big business in Hampshire County, the area developed and has its roots as a farming community. Hadley, the asparagus capitol of the world, is the most productive farming town in the Commonwealth. Last year, county farmers produced approximately twenty million dollars worth of crops, dairy products and livestock.

The county is divided by the Connecticut River which floods the low lying areas every spring to replace topsoil. The Quabbin Reservoir, a man-made phenomenon, which covers what once was four towns, is the source of water for Boston and much of eastern Massachusetts.

Hampshire County is within a couple of hours of historic Boston, Cape Cod, the Berkshire Hills and the mountains of Vermont.

If your county is interested in an exchange with them, please write or call Thomas Waskiewicz as soon as possible so that planning can begin. Anything you can tell them about your county would be greatly appreciated. They look forward to hearing from you.

Thomas Waskiewicz
County Extension Agent
Hampshire County Extension Service
33 King Street
Northampton, Massachusetts 01060
(413)584-2556

POSTER ART CONTEST

We are happy to say we have three posters going to National 4-H Council from North Carolina. If they are chosen they will be displayed at the Poster Art Exhibit during National 4-H Congress in Chicago, Illinois.

Our 4-H'ers sending posters this year are Beverly Lassiter, Vernon Waites, and Kristy Jenkins all from Jones County. Congratulations to all of them.

* * * * *



WORLD FOOD DAY

16 October 1983

World Food Day on October 16 is a time for stock-taking: what progress has been made in the year past in the eternal struggle against hunger; what more can we do -- better or differently, as individuals or nations -- in the year and years ahead to advance the goal of food security for all people on Earth.

On World Food Day, observances will be held in close to 150 countries. There will be food policy debates in national legislatures and farmer co-op meetings in small rural villages. Thousands of colleges and universities will hold seminars on food problems, while children will study agriculture, family nutrition and social responsibility in their classrooms. There will be religious services, "best farmer" awards, food collections for the needy, town planning meetings and other events of all kinds on every continent.

Through all these activities, people everywhere will be expressing their faith that hunger can be overcome and their willingness to take part in that struggle.

How You Can Participate In World Food Day:

National governments are responsible for promoting World Food Day observances, and both the U.S. Department of Agriculture and Agriculture Canada have special interdepartmental committees for this purpose. But World Food Day also involves people directly -- through schools, colleges, churches, clubs and voluntary organizations of all kinds.

In the U.S., the National Committee for World Food Day is sponsored this year by 303 private voluntary organizations. In Canada, provincial World Food Day committees and national and regional voluntary organizations work closely with each other and with Agriculture Canada. In both countries, chapters and members of one or more of these participating organizations will be found in most towns and cities for you to contact.

Pauline E. Moore

PLANNING AHEAD

North Carolina 4-H Congress dates have been set through 1990. They are:

1984	July 16 - 20
1985	July 22 - 26
1986	July 21 - 25
1987	July 20 - 24
1988	July 18 - 22
1989	July 17 - 21
1990	July 16 - 20

Please make a copy of this and file in N.C. 4-H Congress, C.12.70.

Dalton R. Proctor

1983 NATIONAL 4-H CONFERENCE IN REVIEW

A 13 minute slide/tape set with written script reviews the activities of the 1983 National 4-H Conference held in Washington, D.C. This 80-slide show would be excellent for meetings, county council or leader training sessions where the need to promote a national event is felt.

Because the script is humorous, it will appeal to your older youth who want to learn about Washington and a potential trip to the 4-H Center.

This new script is available from the Audio Visuals Library in Agricultural Communications.

PUBLICATIONS UPDATE

The following publications have been printed and are available for your use:

Family Strengths PPG	(PG-10-24)
Health PPG	(PG-13-71)
Entomology PPG	(PG-9-11)
Family Resource PPG	(PG-15-24)
Fire Safety PPG	(PG-3-26)
Dramatic Arts PPG	(PG-1-112)
Swine PPG	(PG-5-23)
Beef PPG	(PG-5-24)
Sheep PPG	(PG-5-25)
Careers PPG	(PG-1-111)
Breads PPG	(PG-13-72)
First Aid PPG	(PG-3-27)

I understand many of you are having trouble receiving Photography Publications. Be sure to order them with the following numbers:

Adventures with Youth Camera . .	(M-2-1P)
Exploring Photography	(M-2-2P)
Mastering Photography	(M-2-3P)
Darkroom Techniques	(M-2-4P)

If you order these and they are again returned, please call me immediately.

Additional new publications from National are:

Spotlight on Management	(M-15-3P)
Clues to Management	(M-15-5P)
Teen Scene	(M-15-1P)
Beef Heifer Record	(R-5-22)
4-H Sheep Record	(R-5-29)

Please note:

Entomology PPG is (PG-9-11). It was originally sent out as another number. Please change. Check the enclosed Project Selection Sheet for numbers when submitting orders.

Please let me know when you have trouble ordering something which is on your update list. Together we can solve this re-ordering problem.

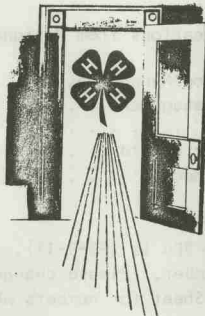
Sharon Runion

DATES TO REMEMBER

October 2	4-H Sunday	
October 2-8	National 4-H Week	
October 3-7	Southern Region Leader Forum	Rock Eagle, Georgia
October 14-22	N.C. State Fair	
October 16	World Food Day	
October 22-23	N.C. Volunteer Leader Forum	McKimmon Center
November 25-December 2	National 4-H Congress	Chicago, Illinois

Dates for District 4-H Activity Days 1984

June 19 - 20 - 21	Eastward
June 26 - 27 - 28	Westward





Careers that work

A Newsletter for 4-H Career Leaders

Introduction to 4-H Career Programming
September, 1983

What is 4-H Careers Programming?

4-H Careers can be a project for 4-H'ers. More importantly, it is curriculum that can be incorporated into club programs, activities, and special interest programs.

4-H is a careers program. Most projects now have a career as emphasis. However, 4-H'ers still need guidance, encouragement and help in planning the development of this aspect of their life.

Careers curriculum has numerous components. These include: (1) career awareness; (2) job seeking skills; (3) personal skill awareness (4) value clarification; (5) business skills (6) economic skills; (7) decision making skills.

A planned program in any or all of these areas can help youth better prepare for the future.

Who can help you?

Judy Groff gives leadership to the statewide careers program. The real experts, however, are the volunteer and 4-H agent members of the State Careers Committee. This is a dedicated group who are sincerely interested in spreading the word about how to incorporate 4-H careers into the on-going 4-H program. Committee members include the following agents and volunteers:

1. Shirley Howard, Co-Chairman
2. Nancy Allen, Co-Chairman
3. Joan Guilkey
4. Wanda Hayes
5. Rene Thompson
6. Sammy Renner
7. Dwayne Renner
8. A.P. Coleman
9. John Pettitt

Wilson County
Pitt County
Burrough-Wellcome
Stanly County
Pitt County
Sampson County
Sampson County
Wilson County
Moore County

Resources Available:

- (1) The 4-H Leaders Guide for Incorporating Careers Into 4-H Club Program and
- (2) Careers PPG - for 4-H'ers interested in taking careers as a project or leaders interested in planning careers into the club program plan.
- (3) Economics in Action - A special interest program out of the Economics Department-contact Bob Usry.

How you can get started?

- I. To get your feet wet with Careers - Recruit one or two leaders interested in careers to receive training, and in turn, train other leaders. These special leaders might be professionals in the school system, business leaders or other agency professionals who have a particular interest in careers.
- II. To enrich County Council or Leaders' Association use activities from the Careers Newsletter such as "Career Education for Groups" included in this Newsletter.
- III. To make careers a major program for the next four years - Organize a committee to develop a comprehensive program. Involve business leaders, civic club leaders, 4-H'ers and 4-H leaders to get a well rounded committee that can look at all facets of possible programming endeavors.

Using this Newsletter:

- (1) Make copies of the Newsletter and share with community club leaders at Leaders' Association Meeting or as an enclosure with your county Newsletter.
- (2) Save copies of the Newsletter in a notebook. Each issue will highlight different aspects of the curriculum. A wide variety of activities will be included that would appeal to different age youth and to different types of groups.

Upcoming Leader Training

A special careers track will be offered during the 1983 Leaders Convention, October 22 and 23. You can participate by sending a team of specially recruited leaders or an individual leader for the Saturday workshops. There will be workshops during the hours of 10:00 to 12:00 and 2:00 to 4:00 p.m. on Saturday. You could send leaders just for the day on Saturday and registration would be \$5.00. Leaders coming to the Leader Convention may choose to attend the Careers track. In this case, registration will be \$10.00. We will have preregistration for the careers track in order to prepare adequate hand-out materials for those coming. Please return the attached form to Judy Groff by October 15. Look for details regarding content of the training with Leader Convention promotion materials.

Preregistration for 4-H Careers Track
N.C. 4-H Leaders Convention
October 23, 1983

Return to Judy Groff, 207 Ricks Hall, NCSU by October 15.

Names:

Address:

CAREER EDUCATION MIXER FOR GROUPS

Career Activities for groups

The three activities that follow are good career awareness building activities. Use any one as an introduction to careers or as a sample program idea. All three require minimal preparation time and get everyone involved.

This mixer may be used for groups of 30-35 and multiples. As the individuals arrive, place one of the jobs on their back with masking tape or string. Each person is to then ask others yes and no questions to determine their job.

When the job is guessed, the individual may put the job card on his or her front.

Color code the jobs into clusters and after introducing remarks about career education, ask the individual to group by the five Illinois clusters as follows:

Health

Ambulance Driver
Orthodontist
Doctor's Receptionist
Embalmer
Nurse's Aid
Surgeon
Inhalation Therapist

Business Marketing and Management

Bookkeeper
Building Superintendent
Credit Manager
Key Punch Operator
Advertising Artist
File Clerk
Board Chairman

Biological and Agricultural

Artificial Inseminator
Seed Inspector
Extension Advisor - Youth
Fish Farmer
Machinery Parts Person
Forestry Fire Fighter
Farm Manager

Personal and Public Service

Fashion Designer
Greenskeeper
Baker
Bus Driver
Motel Manager
Life Guard
Barber

Industry Oriented

Lithographer
Pipe Fitter
Cabinet Maker
Paper Hanger
Motorcycle Repairman
Airplane Pilot
Cobbler

From these clusters, several activities may be conducted to learn more about careers.

AIR RESCUE COPTER
GROUP ACTIVITY FOR 5 to 50 PEOPLE

Main Idea: To demonstrate efficiency of group activity and related values.

Procedure: 1. Select any type of model toy or block that requires assembly. Separate the group so there are equal numbers of individuals in groups. Approximately 20 people could be divided into five groups of four people each. Give each group an object to assemble and a place to work. Record the time each requires to assemble the object. Take an average and compare. Discuss the activity making sure they observe the efficiency of group activity, the results of cooperation, and the values involved that effect most careers.

After completing the task, ask them to list all of the ways this object can be used and to list the jobs involved.

2. Provide each group with several colors of construction paper, paper clips, scissors, glue, masking tape and magic markers. Ask them to build a business (physical plant) and be prepared to discuss jobs that are available within.

OPEN-ENDED QUESTIONS

Main Idea: Sharing Ideas with my family; thinking about my interests.

Open-ended questions are fun ways to share ideas. At a club meeting, meals, relaxing by the campfire or any other time, ask each person to answer these or other open-ended questions. Share your responses. Reword each question, replacing "I" with "my family" and answer each question again. Take turns preparing open-ended questions but you may begin with some of these:

1. With a gift of \$100, I would
2. If this next weekend were a three-day weekend, I would want to
3. My bluest days are
4. My favorite days are
5. I can hardly wait to be able to
6. Five years from now, I'd like to
7. Work is fun when
8. A family and a job should
9. If you could try a job for one week, you would be



**AGRICULTURAL
EXTENSION
SERVICE**

*North Carolina State University
School of Agriculture and Life Sciences*

Office of 4-H and Youth Development
P. O. Box 5157
Raleigh, N. C. 27650

September 21, 1983

I have been requested by Roger Dale Safrit, IFYE to Trinidad and Tobago, to include you on the mailing list of his letters. The International Four-H Youth Exchange (IFYE) Program is conducted by National 4-H Council in behalf of the Cooperative Extension Service. Friends of 4-H in Rowan County and the 4-H Development Fund of North Carolina assist in financing this exchange.

Sincerely,

Pauline E. Moore
Extension 4-H Specialist

Newsletter Number 2

September 8, 1983

THE HISTORY, GOVERNMENT, AND ECONOMY OF TRINIDAD AND TOBAGO

September has arrived! Back home in North Carolina the days are getting shorter, farmers are harvesting crops, people have made that summer's end beach trip, and 4-H'ers are getting ready for the county fair. The days are still very warm but the evenings are cooler, and sweaters start appearing from their summer storage. But here in the Caribbean nation of Trinidad and Tobago it's still a constant 85°F. Since this nation is located so close to the equator, the days are the same length now (in September) as they were upon my arrival in June! And the beautiful Trinidadian beaches are still crowded and will remain so throughout the "winter" months of December through March!

This is the second of four newsletters in which I am sharing with you my thoughts and impressions about my host nation of Trinidad and Tobago. In this issue I will discuss a little concerning the history, government, and present economy of this island country.

History

Trinidad was discovered by Columbus in 1498 on his third voyage to the Western Hemisphere. At that time, the island was inhabited by Arawak Indians who were later destroyed by early European settlers. The first successful attempt to colonize Trinidad was made in 1592 by the Spanish. Although it

attracted French and other foreign settlers, Trinidad continued under Spanish rule until it was captured by the British in 1797. Trinidad was ceded formally to the United Kingdom in 1802.

There are many present day reminders of Trinidad's early history. Fort George, built by the British in the 18th century, still stands guard over the strategic bay of Port-of-Spain. With its thick-walled embattlements and huge black cannons, Fort George still bears witness to the days of the threat on constant foreign invasion. Today, it offers an impressive glimpse into Trinidad's history and a marvelous view of the west coast.

The abolition of slavery throughout the British Empire in 1833 resulted in many liberated slaves leaving the cocoa, banana, and sugar plantations where they had worked, causing a serious disruption in the agricultural economy. Indentured laborers began to arrive from India around 1854. At the end of their indenture, most of these immigrants decided to remain. The large Chinese and East Indian populations in modern Trinidad reflects this aspect of the nation's history.

Trinidad's sister island of Tobago probably has changed hands more often than any other West Indian island. Dutch, French, and English expeditions captured it from each other repeatedly during its early colonial history. Tobago was finally ceded to the United Kingdom in 1814.

Trinidad and Tobago were merged to form a single British colony in 1888. In 1958 the United Kingdom established the self-governing Federation of the West Indies, comprising Trinidad and Tobago, Jamaica, Barbados, and the Leeward and Windward Islands of the Caribbean. The Federation's capital was Port-of-Spain. Difficulties in working together, however, caused Jamaica to withdraw in 1961, and when Trinidad and Tobago followed, the Federation collapsed. Trinidad and Tobago obtained full independence and joined the Commonwealth of Nations on August 31, 1962.

Government

Trinidad and Tobago is a parliamentary democracy. The president is the chief of state but the nation's prime minister has all of the governing power in the country. (This is very similar to the British government; the Queen is the figurative head of state but the government of the United Kingdom is under the supervision of Prime Minister Thatcher.) The president and prime minister form the Executive branch of the island's government. The Legislative branch of government is composed of a "bicameral" parliament, which simply means that there are two parliamentary houses (the Senate and the House of Representatives, just like in the United States). The Judicial branch of government is formed of an independent court system; the highest court of appeal is the Privy Council in London, England.

In 1976, Trinidad and Tobago adopted a new constitution under which it became a republic and severed its formal links to the British Crown. Thus, the president (who replaced the British monarch as chief of state) is elected by the Parliament. The policies and control of the government rests with the prime minister and his cabinet which are responsible to the Parliament.

The 36 members of the House of Representatives are elected to five year terms by the general population of the islands. The Senate's 31 members are appointed by the president - 16 on the advice of the prime minister, 6 on the advice of the leader of the opposition political parties, and 9 chosen by the president from among outstanding members of the community.

The supreme judicial authority is the Court of Appeal, the chief justice of which is appointed by the president on the advice of the prime minister.

Trinidad and Tobago's eight counties and four self-governing cities are administered by locally elected councils. Tobago was given a measure of internal self-government in 1980 and is ruled by a local House of Assembly.

The first real political party in Trinidad and Tobago, the PNM or People's National Movement, emerged in 1956 under Dr. Eric Williams, who was prime minister from independence until his death in 1981. Dr. Williams was replaced by Mr. George Chambers who remains prime minister today. Thus, the PNM has controlled the government since 1956. However, the PNM has recently lost ground to other political parties, especially the National Alliance Party, in local government elections. Most Trinis view this as a clear signal to the PNM that public services and utilities must be improved by government policy or the people will place a new party in power through the elective process.

The current president of Trinidad and Tobago is Mr. Ellis Clarke who serves mainly as a public relations figure. I had the extreme honor to meet President Clarke at a reception in honor of the 4th of July, American Independence Day. I found him to be a very knowledgeable and entertaining individual who seemed to have the best interests of his country men foremost in mind. However, he often made reference to the policies of Prime Minister George Chamber's government which he believed were not in the best interest of the nation. (Of course, this could just as easily be applied to a description of a conversation with Speaker of the House, Tip O'Neal, concerning President Regan's social programs!) So, politics seems to be the same in both nations whether it's the PNM of Trinidad and Tobago or the Republicans and Democrats of the United States!

Economy

Trinidad and Tobago's economy has shown considerable growth in recent times due to the strong influence of the nation's petroleum industry. Petroleum production peaked in 1978 and, unless significant new discoveries are made, is expected to gradually diminish in importance as the main source

of export receipts and government revenues. Thus, major efforts are now underway to provide an industrial base to sustain the sagging economy.

Substantial quantities of natural gas have been found, enough to provide for Trinidad and Tobago's domestic energy requirements for more than a century. Current discussions are being held dealing with the potential sale of Trinidadian natural gas to the United States. This natural gas supply is also used to supply energy to a large steel mill located on the west coast of Trinidad. My current host brother is a foreman at this steel mill and guided me on a personal tour of this very impressive government-owned operation.

Agricultural productivity in Trinidad and Tobago, however, has been declining. The sugar, cocoa, and citrus industries are at an all-time low in production due to the lack of cheap labor. Sugar production fell to a 35 year low in 1980, and coffee and cocoa production have also declined sharply as large numbers of agricultural workers left the fields for industrial jobs.

There is currently a government sponsored program underway in Trinidad and Tobago to encourage families to raise their own home gardens. Fresh vegetables and fruits are extremely expensive; when I arrived in June, tomatoes were selling for \$15 Trinidadian money (about \$6.25 U.S.) a pound! Thus, many families simply cannot afford to provide a balanced meal for their members. Most food must be imported from overseas. Rice and canned goods come from the United States; carrots, limes, and bananas are imported from Barbados and Grenada.

Numerous local farmers own small banana and citrus estates which they maintain with the help of family members. Coconuts and coconut oil were once a major island industry. Problems with rising labor costs, insects, and diseases are forcing many coconut plantation owners to switch to beef production in an effort to make a living. Their is a very small dairy industry, but most Trini families rely on goats for fresh milk.

The numerous problems with the agricultural aspects of the nation's economy has forced the government to place heavy emphasis on revitalizing the cocoa, citrus, and sugar industries. However, until the serious problem of feeding the nation's citizen is addressed, the economy will continue to suffer from agricultural shortfalls. As one of my Trini host fathers stated, "The government must think we live off oil - my babies need food."

Cultural Corner

The fall of the year in the States marks the end of the baseball season and the beginning of the football season. Here in Trinidad and Tobago, I've played a little "football" myself, but we Americans would call it soccer! Now, before coming to Trinidad I had only watched soccer matches on television. After playing a match or two I must admit that I find it a very fast paced and physical game! One of my present host brothers plays on a community team, so I got some first-hand lessons. Unfortunately, although my brain was thinking Trinidadian soccer, my legs and feet were still responding in terms of American

football! Oh well, although I didn't score a goal, I had a lot of fun and also assured myself of a good night's rest!

Trinidad and Tobago also has its own version of American baseball which is called cricket. (Of course, my Trini friends say that we Americans have our own version of cricket which we call baseball!) Whatever the case, the two games are somewhat similar. Cricket is played in most all present and former British colonies. Instead of a pitcher there is a "bowler" who throws a small, hard ball towards the player who is at bat. (The "bat" resembles a paddle more than a baseball bat!) There are two bases (as opposed to the four bases in baseball) and a "home run" is worth six runs! Cricket games sometimes last for several days and well, instead of me trying to explain this fascinating sport to you, why don't you make a short trip down to your local library and learn about cricket on your own? Indeed, your library is an excellent place to learn more about all of Trinidadian and Tobagonian history, culture, and lifestyles. So, make the small effort today - I think you, too, will come to fall in love with this fascinating country which is most appropriately called the Land of the Hummingbird!

P.S. American football and basketball are only now beginning to catch on here in Trinidad and Tobago. You should see my host families' expressions when, in the middle of an exciting T.V. soccer match, I suddenly stand up and yell, "GO, WOLFPACK, GO!!!"



CABARRUS COUNTY 4-H VOLUNTEER LEADERS' NEWSLETTER

P.O. Box 387
Concord, North Carolina 28025

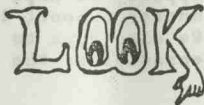
SEPTEMBER, 1983

BE ALL THAT YOU CAN BE!

Upcoming Leader Training Opportunities:

Fall is the time of year for 4-H leader training opportunities - on a district, state, and regional basis. Please make every attempt to take advantage of one or all of these experiences - you'll be glad you did!

From the District Leaders' Association meeting (September 24, Discovery Place, Charlotte) to the Southern Region Leader Forum (October 3-7, Rock Eagle, Georgia) to the State 4-H Leaders' Association Meeting (October 22-23, McKimmon Center, Raleigh) - opportunities abound. Please call your Leader Association Officers or the 4-H Office for details.



UPCOMING 4-H EVENTS:

SEPTEMBER 24th -

Southwestern District
4-H Leaders' Association
Discovery Place,
Charlotte

OCTOBER 3rd -

Yearly 4-H Project
Books Due in 4-H Office

OCTOBER 3rd - 7th -

Southern Region Leader
Forum
Rock Eagle 4-H Center
Eatonton, Georgia

OCTOBER 18th -

Cabarrus Co. 4-H Leaders' Association
County Agricultural Center,
Concord

October 20th -

4-H Leader Appreciation Banquet
(location to be announced.)

October 22nd - 23rd -

North Carolina 4-H Leaders'
Association
McKimmon Center, Raleigh



Cooperative Extension Work in Agriculture and Home Economics,
A&T and N.C. State Universities,
100 Countries and U.S. Department of Agriculture, Cooperating

4-H PLANS DEVELOPED

The educational activities of the Cabarrus Extension Staff are guided by both annual and long-range plans of work. A brand new, four-year plan of work has recently been developed based upon input provided by various Extension planning committees.

The 4-H portion of this long range plan consists of recommendations made by members of the 4-H Specialized Committees (Expansion, Horse, Program, and Support), as well as inputs provided by officers of the County 4-H Council and the County 4-H Leaders' Association.

Because you as volunteer staff members of the Cabarrus 4-H Program will be affected by these major program thrusts, I thought it would be appropriate to share them with you at this time.

The immediate goal of the planning efforts is to strengthen the overall Cabarrus County 4-H Program. The major efforts will be directed toward educational experiences for 4-H members, strengthening the 4-H community club, 4-H public relations, expansion, and special interest youth involvement.

(continued)

Let's examine these individually.

Only a small percentage of Cabarrus 4-H members participate in the wide variety of educational experiences offered by 4-H. Participation in such events as demonstrations, records, project work, camp, and the fashion revue is on the increase, however, continued emphasis must be placed on these experiences. During the up-coming four-year period, emphasis will be placed on the project-related growth experience, especially in the areas of retreats, exchanges, Club Congress, and those areas listed earlier.

The backbone of the Cabarrus 4-H Program is the 4-H community club. Over the next four years, club leaders, officers, and members will be trained in the basics of a productive club meeting. As a result, it is felt that leadership skills will be improved, monthly 4-H club meetings will become more productive, and parent awareness will increase.

Public relations and financial support are both critical needs for a county 4-H program. While striving to maintain current levels of financial and mass media support, we hope to expand our volunteer support leadership base. We also hope to increase 4-H appearances at the Carolina

Mall by one per year.

A very small percentage of the potential 4-H aged audience in Cabarrus County is currently enrolled in the 4-H program. Long range goals include the formation of 4 new clubs per year, led by 10 new community volunteers.

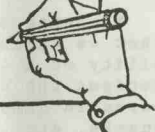
Finally, 4-H special interest programming contributes not only to the educational well-being of the participants, but also to their self-esteem as they learn new life skills. These programs include: 4-H Fire Safety, 4-H Summer Fling, 4-H Youth Leadership, and 4-H Economics In Action.

In addition to maintaining these programs at their current levels of membership, the 4-H staff hope to initiate a "4-H Careers Day" for senior high youth.

I hope that each of you are as excited about the upcoming 4-H year as we are. Not only will you be hearing more about the upcoming plans and events - you will be a important part of them!

LEADERS' ASSOCIATION
MEETING

August Minutes



On August 16, 1983, the Cabarrus County 4-H Leaders' Association was called to order by Charles Hiatt, President. For devotions, JoAnne Lowder, Vice-President, read a poem entitled, "Love."

(continued)

The roll call, minutes of the last meeting and the Treasurer's report was presented by Judy Furr, Secretary-Treasurer. Clubs represented at the meeting were: Better Health, Flowe Store, Green Acres, Harrisburg Helpers, Odell Cadettes, Poplar Tent, Shamrock, and Winecoff. The current balance in the treasury is \$21.70. The minutes and Treasurer's report were approved as read.

A welcome was given to new leaders: Sandy Fox with Harrisburg Helpers and Joanne Fisher and Gerri Kincaid with Odell Cadettes.

David Goff presented an updated report on the 4-H Leaders Handbook. The Handbook currently consists of:

- Information on County Council Delegates
 - County Council Officers and Duties
 - North Carolina 4-H Officers Guide
 - Parliamentary Procedures
 - County, District and State Leaders' Association By-laws
 - Club Leader's names, addresses, and phone numbers
 - Current camp brochure
 - Helps in Program Planning
 - 4-H is
 - Project Selection Sheet
 - Project Selection Guide
 - How To Fill Out A Project Book
 - Project Book Scoresheet
 - National Cumulative Record Form
 - How To Fill Out National Form
 - Hints To Help Complete Plan and Record
 - 4-H Demonstration Brochure
 - Judging 4-H Demonstrations
 - 4-H Demonstration Scoresheet
 - Map of N.C. State University
 - Map of Raleigh
- Due to a backlog in Raleigh, not all materials are available at present.
- (continued)

AUGUST MINUTES (continued)

The 4-H Leaders picnic was cancelled due to a lack of response.

Two (2) scholarships are available for leaders who would like to attend Rock Eagle Conference, October 3-7, 1983. Applications are due in the office by September 1.

The District Leaders' Association meeting will be at Discovery Place in Charlotte, September 23, 1983.

The State Leaders' Association meeting will be at McKimmon Center in Raleigh, October 22-23, 1983. Leaders are again asked to share program plans, projects, etc. in the "Idea Fair." Scholarships for leaders are available; check with Dave Goff.

Charles Hiatt explained the history and working of the 4-H budget and then went over the 1983-1984 budget. It was recommended and approved that an amount be budgeted for Honor Club members for pins and Life Membership. It was also approved to cover the expenses of these items for this year's 4-H'ers receiving the honor and include Lynn Lowder and Scott Allen.

Dave Goff stated Support Leaders were still needed in order to help meet the budget.

Dianne Hiatt passed out recipes for the leaders to prepare for the Fund-raising Kick-off Dinner, August 22, 1983.

Dave reported that the 4-H'ers setting up Table-top Exhibits for the dinner must have them set up no later than 6:15 p.m. and be prepared to present a one-minute speech about the exhibit.

To help celebrate National 4-H Week, Food Lion Stores will pass out 4-H brochures and help with the fund-raising. Each 4-H'er can turn in a maximum of four (4) cash register receipts (2 signed by him and 2 from friends or neighbors). The receipts are for purchases made on October 4, 5, 6, 11, 12, or 13 only. Soliciting receipts in the store or parking lot will not be allowed. Receipts must be turned in by October 18. Cabarrus 4-H will receive 5% of the total of the receipts.

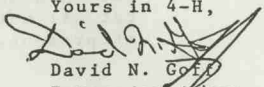
During the Fair, demonstrations will be on Monday and Thursday night, Talent Show on Tuesday night and the Fashion Revue on Wednesday night. This year, Friday and Saturday, will be the "Meet Your 4-H Friends" night (small animals). Two (2) leaders are needed to keep the Learning Center open and help with demonstrators on Monday and Thursday.

Project books are due in the Office no later than October 3rd.

Nannette Seaford suggested that we check into the possibility of a 4-H Cookbook using recipes the 4-H'ers have prepared in demonstrations, for snacks, etc. Leaders volunteering to serve as a committee to investigate this are: Linda McGlamery, Peggy Price, Joan Lewis and Nannette Seaford.

--- By: Judy Furr

Yours in 4-H,



David N. Goff

Extension Agent, 4-H

NATIONAL 4-H VOLUNTEER LEADER FORUMS: A CALENDAR

Listed below is the most "up-to-date" collection of National Leader Forum topics and dates we could get. They cover 1983-84. For costs and content specifics write:

John Allen, Jr., Assistant Director
Program Services
National 4-H Council
7100 Connecticut Avenue
Chevy Chase, MD 20815

October 17 - 22, 1983	National 4-H Volunteer Leader Forum/Involving the Disabled in 4-H
October 17 - 22, 1983	National 4-H Volunteer Leader Forum/General
October 24 - 29, 1983	National 4-H Volunteer Leader Forum/Horse
January 23 - 28, 1984	National 4-H Symposium/Economics, Jobs and Careers
April 2 - 7, 1984	National 4-H Volunteer Leader Forum/Organizational Leaders
September 10 - 15, 1984	National 4-H Volunteer Leader Forum/Nutrition
September 24 - 29, 1984	National 4-H Volunteer Leader Forum/Photography
October 15 - 20, 1984	National 4-H Volunteer Leader Forum/Officers of County and State Leader Organizations
October 22 - 27, 1984	National 4-H Volunteer Leader Forum/Horse
October 22 - 27, 1984	National 4-H Volunteer Leader Forum/Involving the Disabled in 4-H



national 4-H council

7100 CONNECTICUT AVENUE, CHEVY CHASE, MARYLAND 20815 • (301) 656-9000

CABLE: NATFOUR, WASHINGTON, D.C.

POSITION DESCRIPTION

JOB TITLE: Program Assistant

PERIODS OF EMPLOYMENT: Fall, Spring, Summer (Periods vary slightly each year.)

UNIT: Programs Division, under the supervision of the Assistant Administrator, Programs.

JOB SUMMARY: This position is responsible for working with Program Managers in facilitating educational programs conducted at the National 4-H Center and to carry out any other responsibilities to strengthen the overall programming of the Programs unit of National 4-H Council.

OVERVIEW: National 4-H Council programs are intense, exciting, learning experiences for 4-H members, leaders, Extension Homemakers, youth and adults from all over the United States and the world. The Program Assistant staff helps make these programs happen by being willing to commit themselves totally to the program and to assist the participants in making the most of their experiences in Washington, D.C. at the National 4-H Center.

JOB

DESCRIPTION: Field Trip Interpreter: Responsible for facilitating field trips into the Washington, D.C. area to utilize resources in the Nation's Capital and to provide additional educational experiences for program participants. Educational objectives of programs are supported by field trips and each is accompanied by a program assistant field trip interpreter.

Program Assistance: Assist Program Managers in facilitating educational programs conducted at the National 4-H Center. This may include making the arrangements for room set ups, AV, entertainment, speakers, transportation, theater, field trips, workshops, recreation or developing specific portions of ongoing programs.

Program Coordinator under supervision of Program Managers includes, but is not limited to, working with adults and group leaders, meeting and assisting groups as they arrive, helping to provide recreation and other "free time" activities for the delegates, conducting orientations to Washington, D.C. and Capitol Hill, assisting programs on communications, facilitating assemblies, operating audio-visual equipment, xeroxing and other associated program needs.

Meet and orient groups that are staying at the 4-H Center.

Other assignments as requested by the Assistant Administrator, Programs.

INSERVICE
TRAINING:

Employment begins with a week of staff orientation and training. There will be weekly staff meetings and staff training sessions for the professional growth of staff members.

EVALUATION:

Each staff member will have an entrance interview, an evaluation report, periodic evaluation conferences and exit interview. Ongoing evaluations will be conducted by program staff under the coordination of the Assistant Administrator, Programs.

EXTENSION OF
EMPLOYMENT:

Individuals wishing to stay beyond the initial three months employment period may extend for another three months, up to two years, if approved by the Assistant Administrator, Programs.

Employment for one period (fall, spring, or summer) does not automatically assure continuation for additional periods. Requests for continued employment are reviewed at the end of each period and are considered with the employment evaluation by a review committee as well as the projected program needs.

QUALIFICA-
TIONS:

A minimum of a high school diploma is required; education beyond high school is preferred. Experience in 4-H and leadership roles is desirable. The ability to communicate, orally and in writing; to relate well with others and to assume dynamic leadership is essential. Needs to be flexible and able to work under pressure.

Employment is contingent upon applicant passing health examination, at employee's expense.

Staff members serve as "role models." It is therefore important to be aware of appropriate dress, behavior and conduct while working with the program.

TERMS OF
EMPLOYMENT:

Work week usually consists of 51 hours (40 hours at regular rate of pay and 11 hours at $1\frac{1}{2}$ times regular rate).

The program assistant staff is required to reside at the National 4-H Center. The staff members are housed in the staff residence on campus at 7100 Connecticut Avenue, Chevy Chase, Md., 20815. Lodging expenses will be deducted from each paycheck.

BENEFITS: Program Assistants are hired on a temporary basis for the duration of a specific period (fall, spring or summer). As temporary employees no benefits are offered except coverage under Worker's Compensation, Social Security, Travel Accident Insurance and Hinchcliff Insurance, a supplemental health plan. If employment is extended for an additional period, Program Assistants may be eligible for additional benefits.

LINE OF AUTHORITY: The individuals in this position are administratively responsible to the Assistant Administrator, Programs.
National 4-H Council is an Equal Opportunity Employer.



**AGRICULTURAL
EXTENSION
SERVICE**

*North Carolina State University
School of Agriculture and Life Sciences*

Office of 4-H and Youth Development
P. O. Box 5157
Raleigh, N. C. 27650

September 20, 1983

I have been requested by Roger Dale Safrit, IFYE to Trinidad and Tobago, to include you on the mailing list of his letters. The International Four-H Youth Exchange (IFYE) Program is conducted by National 4-H Council in behalf of the Cooperative Extension Service. Friends of 4-H in Rowan County and the 4-H Development Fund of North Carolina assist in financing this exchange.

Sincerely,

Pauline E. Moore

Pauline E. Moore
Extension 4-H Specialist

Newsletter Number 1

August 8, 1983

TRINIDAD AND TOBAGO - THE COUNTRY, THE PEOPLE, THE LIFESTYLE

Greetings from the Caribbean! My name is Dale Safrit, a native of Rowan County, North Carolina. This year I am one of two International Four-H Youth Exchange representatives to the country of Trinidad and Tobago. Beginning with this newsletter, and periodically hereafter, I will be sharing with you my thoughts, feelings and experiences concerning Trinidad and Tobago. I will focus on topics such as the islands' history, government, economy, religions, transportation and educational systems. In this newsletter I hope to introduce you to the country itself and share with you my initial impressions of the islands of Trinidad and Tobago.

The Country

I caught my first glimpse of the island nation which was to be my home for five months as the airplane circled in preparation for landing at Piarco International Airport, Trinidad. We were first flying over steep mountains covered in lush, tropical vegetation which suddenly gave way to long, sandy beaches. In the distance I saw huge, open expanses of what looked like tall green grass (in reality this was sugar cane). Suddenly we were flying near a densely populated city with people and cars everywhere! Our flight finally landed at the airport located on the outskirts of the city: Port-of-Spain, Trinidad, West Indies -- I had arrived!

Trinidad and Tobago are the southernmost islands of the Lesser Antilles chain in the Caribbean (an oceanic area south of Florida). We often hear vacation advertisements about the Caribbean islands of Jamaica and Barbados but Trinidad and Tobago are less well-known to us in the United States. Although composed of two separate islands, Trinidad and Tobago is one country. Trinidad is the larger of the two islands with an area of 1,864 square miles. It is separated by a seven mile wide strait of the Gulf of Paria. Culturally, Trinidad is a part of the Caribbean; geologically, it is an extension of the South American continent.

Three low mountain ranges cross Trinidad from east to west: the Northern, Central and Southern Ranges. Most of the mountains are heavily forested and their highest elevation reaches 3,085 feet.

Recently I went on a hike to a waterfall in the Northern Range with a group of nature enthusiasts. We hiked for 2½ hours up a mountain through a dense tropical rain forest of teak, mangrove, and mahogany trees. High in the trees grew beautiful orchids and all types of blooming bromeliads. Wild parrots and other brightly-colored birds flew overhead. In the distance we even heard the call of a bush monkey (still found in more remote areas of Trinidad). Finally we reached a 60 feet high waterfall on the Mandamas River, and it was indeed a spectacular sight! At the bottom of the falls was a deep pool of water where we swam and relaxed in the bright sunlight filtering through the trees. Very beautiful, very relaxing. Although not a tourist spot, the Mandamas falls have to be one of Trinidad's loveliest spots!

Between the Northern and Central Ranges is flat land well-watered from natural springs and rivers. Agriculture is the predominant way of life in this area. Vegetable crops, bananas, cocoa and coffee are raised while dairy cattle and "buffalypso" (a large, bison-like breed of beef cattle) graze in large, grassy pastures. I lived with a Chinese family in northwestern Trinidad for four weeks. Their home was located on the rolling hills at the base of the Northern Range. My IFYE "father" raised pigs and my "mother" had chickens. Their son-in-law was a farmer and had a large garden on the steep hillsides behind the house. He raised peas, garden beans, tomatoes, sweet peppers, cauliflower, lettuce and cabbage. Every Friday morning at 2:00 a.m. we carried his harvested produce into the large, open-air Central Market in downtown Port-of-Spain to sale. I don't know which was more of an experience -- picking beans on such a steep mountainside or selling them at 2:00 a.m.!

Swamps are found along portions of the eastern and western coasts of Trinidad. Here, sugar cane (once the nation's leading industry) is grown in large quantities in the low, wet areas. Today, however, petroleum and petrochemicals dominate the nation's economy. The oil industry is centered in southwestern Trinidad where large oil deposits have been discovered both on land and offshore. Pitch Lake, also in southern Trinidad, is the world's largest natural asphalt bog. Early explorers used the lake tar to waterproof their ships. The raw tar and "pitch" removed from the lake today are used to build and repair the nation's roads.

Trinidad's low latitude places it out of the usual path of tropical storms and hurricanes. The climate is humid but mild, with an average daily temperature of 85°F. Rainfall is scarce during the dry season (January and February) when water is often in short supply. Now, during the rainy season (March through December) we have several brief showers of rain each day between periods of hot sunshine. Of course, it never hails or snows in Trinidad and Tobago, and only once have I heard thunder and seen lightning during a rainstorm!

The second island of Tobago is 19 miles northeast of Trinidad and has an area of 116 square miles. Known as "Robinson Crusoe Island," Tobago is much quieter and less hectic than its sister to the south. A ridge of mountains of volcanic origin form the island's backbone and steeply give way to miles and miles of sandy beaches along the coastline. Very beautiful and usually deserted, these beaches look today much as they did to the first European explorers!

Farming occurs on a very small scale in Tobago; tourism is the island's main source of income. Scarborough is the major town and is often referred to as Tobago's "capital." I will be staying with a Tobagonian family during the first week of November. However, one of my host families has already taken me to Tobago for the day. We flew over early one morning and spent the day picking up shells along the beach, snorkeling far out at the Bucko Reef, and just laying around in the sun. We saw all types of beautiful fish and even a five foot sand shark. The residents are very hospitable people, and I anxiously await visiting their beautiful island again in the near future!

The People

Trinidad and Tobago is the most cosmopolitan country in the West Indies. "Trinidadians" and "Tobagonians" are a fascinating mixture of many different peoples, including African Negroes, East Indians, British (and other Europeans), Chinese, Syrians, Venezuelans and Americans. The island of Trinidad has the greatest ethnic mixture; Tobagonians are mainly of African descent.

The great diversity of peoples is a result of the colorful and fascinating history of the islands. Most Negro Trinidadians and Tobagonians trace their ancestry back to slaves brought over from Africa to work on the cocoa and sugar plantations which were then owned by European whites. The Americans are the remnants of a hugh American community which was present during and after the two World Wars. The East Indians and Chinese arrived after the abolishment of slavery (but before the American military presence) in response to the need for cheap labor on government-owned citrus, cocoa and sugar estates. Of course, there are hundreds of Venezuelans and natives of other Caribbean countries here in Trinidad and Tobago due to the close ties between the Caribbean and South American nations.

In 1960 the population of Trinidad and Tobago was 828,000; today it is estimated at 1,100,000. The population of Port-of-Spain alone (including all of its "suburbs") is over 200,000, while only 33,400 people live on the island of Tobago.

The Lifestyle

Everyday life in Trinidad and Tobago can best be described by two words - "laid back." Time as we Americans use it simply does not exist! The people live each day as it comes. This has been the most difficult adjustment for me to make to life here in the islands. People here commonly refer to "Trinidadian time," which simply means that if a meeting is scheduled for 9:00 a.m. then one can expect people to begin arriving at 11:00 a.m.! However, this "slowed-down" lifestyle is not the result of a unambitious population; rather, it is more directly related to the (constantly) congested traffic, short electrical and water outages, and lack of an efficient telephone network. Due to the traffic jams in early morning and late afternoon, people often must get-up at 5:00 a.m. to arrive at their job by 7:30 or 8:00 a.m.! Housing is in short supply so Trinidadians often must live long distances from their work. Even when work is just a few miles from home, the traffic jams require that you allocate at least an hour to get there!

So, with all these minor inconveniences, Trinidadian life cannot obviously be planned around tight schedules and rigid timetables. Still, I find the Trinidadians and Tobagonians a very spirited and determined people who, unlike many Americans, really manage to put the "life" back into "living." And as very gracious and hospitable hosts, they are making my five-month stay in Trinidad and Tobago a very exciting and memorable one! More about the lifestyle in later newsletters.

"Cultural Corner"

The great diversity of ethnic backgrounds in Trinidad and Tobago is reflected in the islands' religions, home life and (most deliciously) foods! Meals are seldom rigidly scheduled. Since arriving, I have stayed with some families who ate three distinct meals per day, some who ate only a hot breakfast (referred to as "morning tea") and a huge meal around 4:00 p.m. in early evening, and one family who simply cooked in the morning and then snacked throughout the remainder of the day!

Following are three recipes for some of my favorite Trinidadian dishes. "Murgı talkari" is a type of curried chicken with Irish potatoes. "Roti" is a very thin East Indian bread; "Dhal puri" is roti which contains a layer of split peas between two layers of bread. "Coconut jelly" is the West Indian version of jello! You'll have to buy your coconuts to use in the recipe at the local super market; here, we simply go out and cut a coconut off a tree in the backyard!

Why not try these dishes for a little variety in your diet? Believe me, they are delicious! (But take care: too much murgi talkari and roti can "widen" more than just your cross cultural awareness!!) Good luck and happy cooking!

Murgi Talkari (Curried Chicken)

½ clove garlic	3½ Tbsp. oil
1 young chicken	¼ pint water
1½ Tbsp. curry powder	4 Irish potatoes (peeled & sliced)
2 Tbsp. flour	

Wash and joint chicken. Burn oil with ½ clove of garlic and brown curry powder. Coat chicken pieces with flour; brown chicken in hot oil. Add remainder of ingredients, cover, and simmer until chicken is tender (about 45 minutes). Stir frequently. Enough water must be left to be served as gravy.

Dhal puri (Roti with Split Peas)

1 cup split peas	½ tsp. salt
1 clove garlic	½ tsp. baking soda
½ onion	1 tsp. cumin powder
4 cups flour	

Pick and soak peas overnight. Next day boil peas till fairly soft. Grind together cumin, onion, garlic, peas and pepper to taste. Sift together flour, salt and soda. Add enough water to flour mix to make a stiff dough. Form dough into orange-sized balls. Roll out to ¼ inch thick and put 2-3 tbsp. of split pea mixture in center of each circle. Fold over edges to cover mixture and roll out again to ¼ inch thick. Place on hot greased gridle; dab with oil or melted butter. Turn and oil other side. Turn constantly - cook until brown and puffy (about 10 minutes).

Coconut Jelly

1½ cups "coconut milk" (see directions below)
1 can evaporated milk
½ tsp. vanilla
2 tsp. powdered gelatin
sugar (sweeten to taste)

To make "coconut milk," grate 1 medium sized dry coconut. Add water. Squeeze and strain to get 1½ cups of "milk." Allow to stand.

Sprinkle gelatin into ½ cup hot water. Stir until dissolved.

Pour "milk," dissolved gelatin, vanilla, and evaporated milk into a pot. Heat slightly (do not boil) and add sugar to sweeten to taste. Pour mixture into a wet salad mold and refrigerate until set.

(NOTE: When pouring coconut milk, avoid stirring as this disturbs the unwanted sediments at the bottom)

Summary of Proceedings for the
State 4-H Council Retreat and Leadership
Workshops
August 19-21

Evaluations regarding the leadership workshops during the State 4-H Council retreat were very positive and give us much encouragement for having a similar session in 1984. The weekend was hot, but the young people were very enthusiastic and hard working. The purposes of the retreat was as follows:

1. To develop leadership skills
2. To help District Councils become more cohesive.
3. To enable county representatives on the District Council to take back ideas and leadership skills to use in the county council.

The leadership training part of the workshop had two broad objectives. The first objective was to improve self-concept. We used self concept building activities and a presentation on how self-concept is formed; what makes up self concept; and how to build self-concept through leadership experiences. The second objective was to strengthen leadership skills in working with the county council and strengthen teaching skills for working with younger youth. The six workshops on the following topics were:

<u>Workshop</u>	<u>Facilitator</u>
1. Program Planning for the County Council	Reagan Ammons, County Chairman Polk County Pam Outen, 4-H Agent, Cabarrus County
2. Group Dynamics	Dr. Mike Davis, Extension Personnel Development Specialist Lois Britt, County Chairman, Duplin County
3. Parliamentary Procedure	Henry Revell, 4-H Specialist, A&T James Miller, 4-H Agent, Rockingham County
4. Conducting good meetings	Sharon Runion, 4-H Specialist
5. Working with committees	Bill Fowler, 4-H Agent, Ashe County
6. Marketing 4-H	Penni McLean, Former 4-H'er

The State Council, (District and State Officers) had their usual meeting during the leadership workshops. Saturday afternoon each district council met as a group for the first time. The district councils also worked on problems related to county council functioning. The problems and their solutions are as follows:

1. 4-H Awareness

- a. Publicity suggestions - design and distribute fliers, send representatives to organizations to make presentations, prepare exhibits, T.V. and radio spots, have a dance, utilize sport outings.
- b. Conduct summer fun classes: Organize a committee of 4-H'ers, leaders and agents to handle the various tasks needed to plan and implement these classes. The committees would include the following:
 - (1) Recruiting instructors for classes;
 - (2) Purchasing supplies
 - (3) Recruitment teams
 - (4) People to handle follow-up
 - (5) Committees to design fliers and to give presentations
- c. Create awareness about 4-H by having a nine day county extravaganza that would attract the media and the public. Committees needed to handle this project are as follows:
 - (1) Refreshment Committee - to get beverage donated and make money from the beverages;
 - (2) Concert Committee - to arrange for nightly entertainment including a comedian night, square dance night, a gospel quartet, a purple passion party and a talent show;
 - (3) A game committee to set up a basketball booth, baseball booth, a caviar eating contest, a dime throwing booth, a muscle and beauty padget;
 - (4) Exhibit committee responsible for setting up an exhibit area, surveying prospective 4-H exhibitors, assigning exhibit space, distributing information about 4-H, showing 4-H promotion materials.
 - (5) Publicity committee to contact the media before the event and gradually during the event to get coverage. Their goal is to have every school child in the county aware of the event and attendance. As a final note, this committee planned to insure coverage by inviting media personalities to MC various events.

2. County Council Revitalization Problem

The procedure outlined was to:

- Determine the number of clubs to be visited by county council officers.
- Design a program to give to each club about county council.
- Set up visits with each club and make presentations
- Follow up after the last club meeting
- Conduct an evaluation.

The county council officers would be the primary persons delivering the program, however agents and leaders would be included in designing the program.

3. Officer Training

- a. New Club officer orientation - contact soon after elected to invite to a weekend retreat. Program for retreat to include: role of each officer, responsibility of officer team, parliamentary procedure, using committees, public speaking, how to be a good leader, examination of structure and purpose, and member responsibilities of County Council, District Council and State Council.

- b. County council officers and older 4-H'ers meet to plan content and delivery of training. Use an elementary school to conduct a day camp for all youth leaders. The day camp would have similar workshops to the ones in this leadership training weekend. In addition, they would have special interests workshops and afterwards recreational activities. Visuals and hands on experiences would be used to hold interest. Evaluations would be done at the end so they can learn from this experience in planning for another year.

Considering the extreme heat during this weekend the young people participated at an 110%. This summary is intended to provide insight on the weekend activities for those who were unable to have representatives at this meeting.