

Information from the State 4-H-Youth Office

Volume XXII - Numbers 10 & 11
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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.



May this year's Christmas be the best
That you have ever had.
With everything that you could want
To make you really glad.
With presents bright and beautiful
Around the Christmas tree,
And being able to join hands
With all your family.
And may the New Year bring to you
The greatest of success.
With perfect health, prosperity,
And every happiness.
But, more importantly, may God
Bestow His grace on you,
To keep you safe and guard the ones
Who mean so much to you.
And may He give to all the world
The peace for which we pray.
As we adore His only Son
Jesus on Christmas Day.

James J. Metcalfe

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1983 4-H DIGEST

Enclosed please find two more 1983 4-H Digests on (1) Animal Sciences and (2) Achievement, Citizenship, Leadership, International Programs. These series of 4-H Digest are to provide information about private resource support to help expand and strengthen your 4-H program. We have about fifty extra copies of each publication if you would like extra copies.

Donald L. Stormer

A BOOK TO RECOMMEND

Reviews of the book, How To Deal With Your Acting-Up Teenager, indicate that it may be a lot of help to many troubled parents. It presents both guiding principles and specific steps parents can use in dealing with teenagers. Agents may ask their libraries to order the book and then recommend it to parents.

How To Deal With Your Acting-Up Teenager by Robert T. and Jean Bayard was published in 1981. The paper back edition can be ordered from The Accord Press at P.O. Box 9432, San Jose, California for \$4.95.

Leo F. Hawkins

"HELP WANTED"

The "Exchange Task Force" of the Special Programs Committee of 4-H Agent's Association has requested that I compile some information for which I need your help. The Task Force is asking that I compile a listing of all counties in North Carolina conducting exchange programs (interstate and intrastate) for the current year. If your county participated in an exchange in 1983, please appraise me of this by January 1, 1984 so I may comply with the request of the Exchange Task Force. Also, if you have, as a result of your experience, suggestions to be considered for planning exchange trips, please include them in your response. Thanks for your immediate consideration in this matter.

1984 INTERNATIONAL EXTENSION 4-H STUDY SEMINAR

In response to requests from both 4-H volunteers and Extension staff, National 4-H Council is pleased to announce that two International Extension 4-H Study Seminars are planned for 1984 and we are especially happy to inform you that Dr. Eugene "Pete" Williams, retired Deputy Administrator, Extension Service/4-H, U.S. Department of Agriculture, and Grant Shrum, President, National 4-H Council will be the Educational Coordinators.

* * * * *

IFYE AMBASSADOR GROUP LEADERS

There will be several opportunities for Group Leaders/Coordinators with IFYE Ambassador and other 4-H International programs in 1984.

Selected individuals will coordinate orientation, liaison with participants and the group experience in the host country. Applicants must have an interest in young people and international affairs, language skill (where required) and travel experience in the country or area to which they are assigned. Applicants with a keen interest in special project-related programs and who have a proficiency in subject matter areas are needed.

Extension staff, 4-H leaders and 4-H International exchange alumni are especially encouraged to apply.

National 4-H Council will send the following information and application materials directly to individuals who request it.

- Letter regarding application procedures
- Group Leader/Coordinator Information Form, GL-80
- Confidential Reference Form, GL-81
- Group Leader/Coordinator Roles, GL-82.

* * * * *

FRIENDS OF WORLD FOOD DAY

As most of you know, we write you periodically with information and planning aids. This post-World Food Day mailing includes a statement of appreciation and some ideas for thinking ahead. The National Committee is also making several requests:

- * The National Committee and the national office want to be as responsive to your needs as possible, but they need your help. They need your reports; they need brief write-ups of your best ideas or models of action; they need your suggestions for ways they can serve you better.

- * They need information to correct and update their mailing list:
Do they have your address exactly right, including spelling?
Are you getting more than one copy of your mailings? Is their
mail going to the right person in your group or organization?
If there are changes to be made, please include the "ID" number
above your name on the envelope when you write to them.
- * They always need help in expanding the World Food Day family
so please "tell a friend . . ." Talk to others in your own
group, to other groups, to persons in other communities and
involve them in your planning.

Perhaps a few of the remarks Mrs. Young made when she spoke on your behalf at the U.S. government observance of World Food Day will help you explain WFD to persons unacquainted with the Day and its purposes:

World Food Day is people. People caring. People acting.

World Food Day is an idea. An idea working in neighborhoods - in communities - in all parts of the world.

World Food Day is a tool. A tool to be used by all - for all.

World Food Day is what each person or group or community wants it to be - and more.

World Food Day is a promise - which each of us must help fulfill.

It may seem ungrateful for me to suggest that we can all do more, yet I do ask that because I cannot dare imagine what another decade of failure (since the 1974 World Food Conference) could mean for the human family.

We are just at the beginning of a very long struggle - one we can win - if we want to - enough. Some ideas from the National Committee on Thinking Ahead to World Food Day 1984 are enclosed.

* * * * *

1983 STATE FAIR

The 1983 State Fair flaunted a new look in the recently renovated Education Building. Our congratulations to the exhibitors. The 4-H Arts and Crafts Section, which was larger than ever, received the Commissioner's Award which reads:

1983
State Fair
Agriculture Commissioner's Award
Best Educational Exhibit
4-H Exhibit

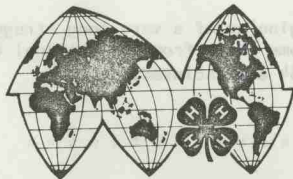
In county exhibits Iredell was ranked first place, Cumberland second and Franklin third. Clay and Pitt counties received honorable mention.

Sweepstakes winners were Forsyth first, Greene second, Hertford third, Wake fourth and Johnston and Randolph tied for fifth place.

1984 IFYE AMBASSADOR PROGRAMS

For youth ages 15-19, the IFYE Ambassador exchange offers three to six weeks of summer travel and host family living experiences. Groups will be going to Europe, Canada, Central America, Africa, and the Far East as well as Australia in 1984. Again, programs in many countries will stress specific 4-H project topics such as the Natural Resources focus in West Germany, or the Wildlife Conservation and Photography program in Kenya. The other summer programs will be of the general cross-cultural nature. A brochure describing these specific programs is enclosed.

It is important to stress the IFYE Ambassador exchanges which encompass specific project areas (example: clothing in Italy) are arranged to enrich one's interest in the subject. There are no prerequisites for participation, i.e., a participant does not have to be enrolled in a clothing project to go on the study program. Individual interest is most important. Deadline for application is on a space available basis through April 30. Most groups fill in early March.



GROUP LEADERSHIP OPPORTUNITIES

Applications for IFYE Ambassador and China Program group leadership positions are being accepted for 1984 programs. Selected individuals will coordinate IFYE group orientation and educational experiences in the host country. Applicants must have an interest in young people and international affairs, language skill (where required), and travel experience in the country or area to which they are assigned. Extension staff, 4-H leaders, and 4-H International exchange alumni are encouraged to apply. Applications are available. Applicants with keen interest in the specific project-related exchanges, and who show a degree of expertise in the subject area(s) are needed.

ADULT TRAVEL SEMINARS

Two groups are scheduled to depart October 1, 1984 for three week stays abroad. One group will be in the United Kingdom, the other in Scandinavia - Norway, Denmark, and Sweden. 4-H programming for Extension professionals and volunteer leaders includes stays with host families, study of 4-H-like programs with emphasis on volunteer recruitment, training, recognition and organizations in Britain, and community clubs and camping in Scandinavia. Cost: \$1,945.00. Deadline for application is July 1, 1984.

1984 DISTRICT 4-H ACTIVITY DAYS

We have chosen the counties and dates for 1984 District 4-H Activity Days. They are listed below.

June 19	Lenoir County	Southeastern District
June 20	Bertie County	Northeastern District
June 21	Orange County	North Central District
June 26	McDowell County	Western District
June 27	Mecklenburg County	Southwestern District
June 28	Wilkes County	Northwestern District

PROGRAM ASSISTANT POSITIONS FOR 1984 OPEN

Positions for Program Assistants will be open for 1984 programs held at the National 4-H Center. 4-H International programs alumni are encouraged to apply, as they can add great depth to the strength of Citizenship and International activities emphasized during the year.



Applications for 1984 positions must be forwarded through the State 4-H Office to National 4-H Council by January 2. Spring work periods commence approximately February 15; Summer work begins approximately May 25.

Program assistants are responsible for working with Program Managers in facilitating educational programs such as Citizenship Washington Focus, World Focus, Know America, Leader Forums, Washington Focus (school, youth, civic, and 4-H groups), and international training programs conducted at the National 4-H Center.

CITIZENSHIP WORLD FOCUS CONTRIBUTES TO GLOBAL UNDERSTANDING

"The Nation's Capital is one of the finest classrooms for international education that can be found," remarked one of the leaders of the Citizenship World Focus seminar at the National 4-H Center. It was an action-packed week for 75 4-H youth and adults who were challenged daily with the issues and crises facing Central America, the Middle East, and other "hot spots" of current interest. Participants visited the Department of State, Capitol Hill, the Organization of American States, and the Heritage of Islam exhibit at the Smithsonian. This unique opportunity to confront and understand modern foreign policy and relations will be conducted twice in 1984. Read on!

Citizenship World Focus seminars will be held March 11-17, 1984, and August 12-18, 1984 at the National 4-H Center. Individuals as well as groups may come. The programming and topics will interest both older teens, as well as 4-H Alumni, adult 4-H International volunteer leaders, IFYE alumni, and others. Again, visits to government agencies, religious centers, embassies, and an optional trip to the United Nations in New York are being planned. Program costs range from \$288 - \$329 depending upon accommodations selected. Deadline for the March program application is: January 1, 1984.

PRESIDENT'S INTERNATIONAL YOUTH EXCHANGE INITIATIVE

4-H visibility will be enhanced during the coming year as part of the President's International Youth Exchange Initiative, a cooperative undertaking between the U.S. Information Agency (USIA) and the private sector. The Initiative aims to increase the number of international exchange opportunities for youth 15-19 years between the U.S. and Canada, France, Germany, Italy, Japan and the United Kingdom. It will also provide increased opportunities for families to host visitors from other countries.

A brief fact sheet on the Initiative is enclosed. You can get detailed information from our office.

The Advertising Council launched a one-year full media public service campaign last month in support of the Initiative. 4-H and some 35 other organizations involved with international exchanges will benefit.

4-H International programs are featured in the special Youth Exchange Initiative brochure. A copy of the 4-H section of this brochure is enclosed

Individuals who request information as a result of the campaign will receive more detailed program information with reference to county Extension and state 4-H offices.

4-H has the opportunity to significantly expand youth exchanges through this special campaign.

COLORADO 4-H EXCHANGE

The Larimer County Colorado 4-H Exchange Group is interested in putting together an exchange program with another county in another state. I am wondering if we have any counties in our state that would be interested in entering into a discussion with them for the possibility of establishing a two-year exchange program.

The group is interested in hosting 4-H members in the summer of 1984 and traveling during the summer of 1985. Their group consists of 30 4-H members between the ages of 14 years to 17 years. Both boys and girls are a part of the program.

Larimer County is located on the northern border of Colorado, 50 miles north of Denver. The county seat is Ft. Collins, the home of Colorado State University. Other major towns are Loveland (The Sweetheart City), Estes Park, Berthoud, LaPorte, and Wellington. The eastern edge of the county has rich farm land. There are several dairies, beef operations, feedlots, many small sheep flocks, and many horses throughout the county. As you progress west you come to the foothills and proceed up into the majestic Rocky Mountains to the Continental Divide.

Most of the members are associated with livestock projects as well as Home Economics and General Projects.

They have 1200 4-H members and 450 adult leaders in 60 clubs throughout their county.

The weather is most delightful most of the year and is usually clear and dry. They would like to host during the last part of June or first two weeks of July.

If your county is interested, please let Dr. Stormer know so he can contact Mr. Tom Brown, Extension Agent, Youth.

PREDICTIONS

(A Challenge - People's Plan 87)

Single people, meaning teenagers, adults and the retired populations, will amount to 47 percent of all consumers by the year 2000, says the Insurance Information Institute, in an analysis of the twenty years ahead.

Traditional families, of two parents and at least one child, will go down from 40 percent of all "consumer units" in 1960 to 24 percent in 2000, reports USA Today, in an analysis of the Institute's study.

SCANDINAVIAN SEMINAR



Scandinavian Seminar is pleased to announce their 35th annual academic-year program. The 1984-85 program -- now titled "College Year in Scandinavia" (CYS) to distinguish it from their other intercultural educational programs -- offers full-immersion in Scandinavian culture with the opportunity to pursue academic, artistic, pre-professional, and/or personal goals, through liberal arts course work at indigenous institutions of Scandinavian higher education and independent study. CYS participants quickly become proficient in a Scandinavian language and live as short-term, active residents in another culture. Highly motivated students meet the challenges and grasp the opportunities presented by this unique and successful program.

Let us call your attention to some of the special features of College Year in Scandinavia.

Language Learning: While fluency cannot be guaranteed, most participants achieve quite high levels of proficiency in speaking, reading, and writing Danish, Finnish, Norwegian, or Swedish.

Individual Placement: Each CYS participant is generally placed in a different school, selected because its curriculum and location match his or her interests and needs.

Support Services: An experienced staff in America and a Program Director backed by a National Committee of educators in each Scandinavian country provide guidance and counselling on academic and personal questions throughout the year.

Scandinavian Perspective: Three common sessions for all participants (held in the late Summer, Winter, and late Spring, in Denmark, Norway, and Finland, respectively), focus on inter-Scandinavian and Scandinavian-American topics, allowing CYS students to compare and contrast their individual and national experiences and to reach a broad synthesis on this unique cultural region.

Academic Credit: Based on student performance, Scandinavian Seminar makes recommendations for academic credit either to a participant's home college or university or to the University of Massachusetts, Amherst, which through a special arrangement issues an academic transcript. For more information contact this office.

OPTOMETRIC STUDENT FOR CITIZENSHIP-WASHINGTON FOCUS

National 4-H Council is happy to announce that again this year the Auxiliary to the American Optometric Association will sponsor a Fellowship for the 1984 Citizenship-Washington Focus program. This will, in essence, be a Program Assistant for Citizenship-Washington Focus, with specific responsibilities for an ongoing eye care workshop and related activities directing attention to the importance of vision. Since this responsibility is of a specific nature, the person selected must be an optometric student.

This will be the eighth year that the Citizenship staff has included a student of optometry through sponsorship of the Auxiliary to the American Optometric Association. And they are pleased to say that the eye care information and the manner in which it has always been presented continues to be a most important part of the Citizenship-Washington Focus program.

The enclosed information has been sent to all Schools of Optometry as well as to all State 4-H Leaders. If you know of anyone who may be interested and qualified, it would be appreciated if you would bring this opportunity to their attention. We feel that it is a real opportunity for a future optometrist to gain practical experience in relating his graduate training to the needs and interests of young people. It is also an investment in the future development of eye care education through 4-H.

The period of employment is May 25 through August, 11, 1984. Position descriptions and applications are available from this office.

THANKS YA'LL

Many thanks to each of you and your county's people for the gracious manner in which you accepted our International visitors this year. You, with your charm, generosity and understanding, left an indelible image that reflect the true characteristic of the people of this great state.

We solicit your continued interest and support of International programs. We will keep you informed as plans are finalized for 1984.

HAPPY HOLIDAYS!

Pauline E. Moore

SEE "SAFETY CHECK YOUR DRIVING"

"Safety Check Your Driving" is a new audio-visual presentation for people who drive. It can be used to promote 4-H among teens, specifically with the Automotive Safety program. This visual is an additional resource available through your local auto dealership. Contact them for support and for the visual.

For additional information see the enclosed brochure or write:

Federation for Safety and Mobility
1776 Massachusetts Avenue, N.W.
Washington, D.C. 20036
(202)857-1253



SAFETY ENCLOSURES

Please find enclosed two new leaflets dealing with safety. They are "What's Your Safety IQ?" and "Explanations to Answers."

There are six questions on safety designed to stimulate concerns among our youth. This IQ test can be used in the following ways:

* By leaders

- In regular 4-H meetings
- As a game by teams during the recreation period
- At other youth functions

* By agents

- To promote training for teen and volunteers about ways to keep safety in the minds of our youth
- Create safety program phases for all 4-H activities
- Secure additional safety data from the courts, police departments, and the highway patrol stations.

Henry Revell, Jr.

PUBLICATIONS UPDATE

Listed below are publications which have been printed and stocked this month. Please order only those numbers you actually need, as we are printing limited supplies.

Steps in 4-H Program Planning	4-H-0-1-90
Steps in 4-H Program Planning Worksheets	4-H-0-1-91
Motion for Life Leader's Guide (no more than 8 per county, please)	4-H L-1-134
Quick Breads Made from Mixes	4-H-M-13-40
4-H Crafts Manual	4-H M-17-8
Having Fun Building Terrariums	4-H C-14-20
Dramatic Arts I	4-H M-1-92
Dramatic Arts III	4-H M-1-95
Canning is Fun	4-H M-13-49
4-H Secretary Treasures Notebook Guide	4-H-0-1-86
4-H Project Planning Guide - Food Preservation	(PG-13-74)
4-H Project Planning Guide - Rabbits	(PG-21-30)
4-H Saving Energy With Woodburning Stoves - Unit 1	
4-H Saving Energy With Woodburning Stoves - Unit 2	
4-H Beef Heifer Record	(R-5-22)
4-H Looking Towards Adulthood III B	(M-13-63)
4-H Start With A Small Change	(M-17-6)
4-H Adventures in Clothing I	(M-6-22)
4-H Horse Judging Manual	(M-5-10)
4-H Picnic Meals	(M-13-37)

Please limit your orders to the supplies you need. Be sure to order correct titles and numbers.

The Food Conservation and Safety PPG (PG-13-69) is out-of-stock and will be reprinted in January. Photography Projects (M-2-3P) and (M-2-4P) are being reordered from National.

There are 31 publications in process at the present time. Most of these have been in Agricultural Communications Shop since August or September, but the backlog of publications is tremendous. Robert Batchelor and his staff are working to service everyone in the system, so please be patient.

Should you have questions, concerns or problems with publications, please write or give me a call.

N.C. ANNUAL 4-H REPORT FORM

ATTENTION -- any county who is still utilizing the North Carolina Annual 4-H Report Form (F-1-20) for members working on cumulative records! Bill Howington in Caldwell County has a supply he does not need and is willing to give them to you. Give him a call if you need them.

Sharon Runion

NATIONAL WINNERS

Congratulations to the counties that had 4-H members who were named Sectional and National winners in the cumulative record book program. In addition to the winners listed on the enclosed sheet, Governor Hunt's Alumni Award will be announced by National Council in December 1984.

"LOST AND FOUND"

The following articles of clothing were left in Raleigh during the Fashion Revue at 4-H Congress:

1 pair White/blue trim sneakers, size 6½ medium (girls)

Yellow-fleece lined jacket, initial "C" on tag in back of neck label, size small

These articles are being held at the State 4-H Office.

ENCLOSURES

I have a few enclosures in this newsletter. First, there's the 1984 Calendar of Events. Keep a copy in a convenient place, it will come in handy. The second enclosure is the State 4-H Council Newsletter. Take a minute to read it. You'll find it interesting. The other enclosures are the Underage Newspaper and some materials from the Youth Involvement Office. I hope these will be helpful in some way.

Dalton R. Proctor

CAMP SCHEDULES

Enclosed with this newsletter is a copy of the schedules for each of the camps in 1984. This is a revised version since Annual Conference.

Please check your schedule for accuracy. Agents listed beside each county grouping is the name given as the coordinating agent. Please let me know if and when any changes occur.

CAMP SPACES

There are a few weeks with a sizable number of spaces available, namely:

Betsy-Jeff Penn	June 24-19	44 spaces
	July 8-13	116 spaces
Millstone	July 15-20	40 spaces EFNEP
	August 5-10	75 spaces
Mitchell	June 24-29	35 spaces
	July 22-27	25 spaces
	July 29-Aug. 3	38 spaces
Sertoma	August 5-10	50 spaces
	June 17-22	40 spaces
	July 29-Aug. 3	26 spaces
Swannanoa	August 5-10	124 spaces
	July 22-17	35 spaces

Please consider these to provide additional camping opportunities to more youth through EFNEP youth, a second camp for your regular campers, special interest kids, and through recruitment of children whose parent(s) work in a particular industry.

4-H CAMP RECRUITMENT

A special camp recruitment program for countries in the works. Please keep an eye out for it. You may not believe it --- but it is for real!

Also have outstanding youth send in camp staff applications by January 31, 1983.

J. Roland Flory

INSECT COLLECTIONS NEEDED AT STATE FAIR

Did you know that 13 cash prizes available for 4-H Entomology (insects) at the State Fair went unawarded due to lack of participation? Ten prizes are available in each of two classes: 1) Insect Collection and 2) Special Study or Exhibit.

While we had six entries under Insect Collection, only one entry was entered in the Special Study. This class must adhere to some central theme or objective and unfortunately is overlooked by many 4-H'ers. Some possible topics are: insect homes, nests, ect., garden, home, corn, etc. insects, insect damage, some aspect of insect control, beneficial insects - the list is endless!

Even though the winter winds have slowed insects down for now, lets not overlook promoting them for 1984.

Rudy Hillmann

DATES TO REMEMBER

December 25 Have a Very Merry Christmas

January 1 - and a Happy New Year!!!

January 4 National Conference and
Danforth Conference Interviews 308 Ricks

March 1 Applications for 4-H Development Fund,
L.R. Harrill, Smith Douglas Scholarships
are due

Submit to State 4-H Office

- Cumulative 4-H Records
- Honor Club Membership Applications
- Leader Recognition Nomination Forms



*Friends like you
are a treasure forever.*

Happy Holidays



**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

November 30, 1983

I have been requested by Roger Dale Saffrit, 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 3

November 11, 1983

"Assalam-0-Alaikum" - peace be upon you. This is the traditional greeting among members of the Muslim faith, and it is my sincere wish for each of you. You see, since the time of my last newsletter I have had the fascinating opportunity to learn first hand about the Muslim and Hindu faiths. And in this, my third newsletter, I'd like to share with you some of my impressions concerning these and other religions found here in Trinidad and Tobago.

Let me first say that things have been quite busy since you last heard from me! Besides fighting a short bout with a fever and, of course, the recent heated political situations in other parts of the Caribbean, I've been extremely busy with my host families. For the last two months I've been staying in Central Trinidad in Caroni District, the major sugar cane growing area of the country. My last four host families have been of East Indian descent - two of the Hindu faith and a third which was Muslim. During the months of October and November we celebrated several important Hindu and Muslim festivals, so I was able to jump right in and help my families with their preparations for these festivals. Talk about busy!!

RELIGIONS OF TRINIDAD AND TOBAGO

As I stated in my first newsletter, Trinidad and Tobago is the most cosmopolitan country in the Caribbean. Because of this fact, many different religions are represented here. The major religions are Christianity, Islam (Muslims), and Hinduism. In a 1960 census, there were approximately 580,000 Christians, 50,000 Muslims, and 190,000 Hindus.

Christianity is by far the predominant religion here and numerous denominations are represented. The largest Christian membership are the Roman Catholics. However, there are also Anglicans (Church of England), Presbyterians (Church of Scotland), Seventh Day Adventists, Pentecostal, Holliness, Jehovah's Witness, and a very few Methodists and Lutherans. All of these denominations are practically identical to their American counterparts. Furthermore, the majority of the Negroes in Trinidad and Tobago are Christians whereas most East Indians are either Muslim or Hindu. This is a result of slavery days, when Negro slaves adopted the Christian faiths of their white masters.

But there is one church here in Trinidad and Tobago that, although in name it seems similar to a North American church, is completely different from any American faith. This is the Spiritual Baptist Church whose members and followers have beliefs which combine certain elements of both fundamental Christianity and ancient African paganism. In fact, the Spiritual Baptists have their origins back in the days of slavery when slaves would adopt the Christian religions of their European masters yet would still worship their African tribal gods. While I was staying in the deep south of Trinidad I had the opportunity to visit a Spiritual Baptist Church and would like to share my impressions with you.

The actual Spiritual Baptist Church building itself was simply a small concrete block building which was home for the spiritual leader of the group, a 70 year old lady known as Mother Rose. The inside of the church looked similar to any Christian Church in the U.S.; there was a cross and fresh flowers on a table at one end of the building which served as an altar. The remainder of the space was filled with rows of wooden benches. Numerous candles were placed around the room and a large brass bell rested on a small table to one side.

Mother Rose explained to me that Spiritual Baptists believe that Jesus Christ is the Son of God and that only through him can spiritual redemption be obtained. However, they also believe that numerous other unseen forces of nature are at work in the world. Along with Christ, these forces must be recognized and worshipped. Thus, along with their lively worship services of Christian prayers and hymns, Spiritual Baptists offer regular "sacrifices" of food and drink to the African gods of water, air, and fire.

That evening I attended a Spiritual Baptist service which began with the singing of numerous hymns, most of which I recognized the words although the tunes were different. At several times during the service a member (most of whom were female and all of whom were Negroes) jumped up to ring the brass bell. Mother Rose explained to me that this was an invitation to the Holy Ghost to descend upon those present. Suddenly, a lady jumped to her feet and, while turning in wild circles, began to chant in a language other than English! This member, Mother Rose explained, had been possessed by the Holy Spirit and was now praising God in some ancient African tongue.

During this same service, another church member (a man) was preparing to rededicate his life to the service of the Spiritual Baptist Church through a special act known as "morning." While "morning," the member is blindfolded and remains inside the church for seven days. During this time he is fed, bathed, and cared for by another church member. While in the act of "morning" the member is freed of all his worldly desires and temptations and (mentally) "travels" back to the African homeland. While there he visits holy individuals and holy places in order to fortify himself with righteousness. After seven days time, the blindfold is removed, and the "morner" relates his experiences to the other church members during a very joyous and festive worship service.

Since my visit to the church was only for a few hours, I did not witness an offering to any of the lesser gods which the Spiritual Baptists hold in reverence. However, Mother Rose did explain to me that such offerings are usually held early in the morning before sunrise and often by a river, lake, or seaside. They are very sacred events, and outsiders are not usually allowed to witness them.

A more recent experience I had was that of living with a Muslim family for two weeks. Muslims (those who follow the teachings of Islam) believe that "there is no god but Allah. He is alone. He has no partner or associate and Mohammed alone is his prophet." Thus, Muslims differ from Christians in that they do not worship Jesus Christ or the Holy Ghost (who, along with God form the Christian Trinity) as extensions of God. Muslims must rigidly observe certain duties as prescribed in the Holy Quran, their Bible. Among these duties are giving aid to the poor and making at least one pilgrimage to Mecca in Saudi Arabia (their holy land) during their life time.

Muslims offer prayers at five different times of the day, most often in a mosque (or church). All Islamic mosques face towards Mecca, where the Holy Prophet Mohammed was born in 571 A.D. Mosques here in Trinidad are beautiful works of architecture, easily recognizable by their domes and minarets (towers). Most Muslims attend Mosque on Saturdays, but Friday afternoons are set aside for Muslim school children to leave public school in order to attend religious training at the local Mosque.

Muslim families are always closely knit. Often times, the grandparents, aunts, uncles and cousins all live either in different sections of the same house or in separate houses next to each other. Children are taught to show respect for adults (not only their relatives) and are instructed at an early age in reading Arabic, the universal language of Islam.

Muslims have a deep respect for life. Pork is never eaten, and other meats are used only if they are "halaol," that is, if a brief prayer was said for the animal at the time it was slaughtered. Devout Muslims drink no alcohol of any kind.

Along with the Islamic Mosques, there are numerous large and small Hindu temples in Trinidad and Tobago. Hindu temples are always square and usually painted white, with a pyramid-like roof. Inside these temples, worship services are held every day since, unlike Christians and Muslims, Hindus do not have a specific holy day in the week.

Hinduism is the oldest organized religion in the world and differs from other religions in that it has no single founder (such as Jesus or Mohammed) and no single holy book (like the Bible or Koran).

Hinduism is a religion of many gods, the most important of which are Brahma, (the Life-giver), Vishnu (the Preserver), and Siva (the Destroyer). Hindus believe that the only way to be happy is to have a pure and perfect soul. Yoga is a form of meditation practiced by devout Hindus which trains an individual to ignore all the distractions of the external world and to focus entirely on their inner spiritual being.

Hindus believe that people are reborn many times after death, and that a bad person is reborn into a lower "caste" (or social standing) or even an animal. For this reason, Hindus respect all animals and will eat no meat whatsoever. After many rebirths, Hindus believe the soul becomes pure and perfect and becomes united with the god, Brahma. When this happens there is no need for any more rebirths.

CULTURAL CORNER

As I stated earlier, we here in Trinidad and Tobago recently celebrated several important festivals. One of these was Divali, the Hindu festival of lights.

Divali was on the fourth of November. The night of the fourth was the darkest night of the year and for this reason, Hindus filled thousands of small clay cups called "deyas" with coconut oil which they then burned, using a small cotton wick. These deyas were placed around the roofs of homes along fences, in geometric patterns, in roads, etc. I helped to cut huge canes of bamboo which were then split in two. These were bent into arches, tied into the shape of stars, and nailed around windows. The lighted deyas were then placed inside the hollow bamboo splits, and the results were beautiful patterns of tiny, individual lights shining in the darkness.

The night of Divali is when the Hindu goddess of light, Lakshmi, visits every Hindu home which is lighted with deyas in order to bless the home and the family during the upcoming Hindu year. No meat is eaten, of course, but the women cook enormous amounts of East Indian sweets and other foods. Friends and family visit each other and exchange a particular Indian sweet called "parasad" which is a flaky sweet bread containing raisins. It is not at all uncommon to sit down to a full meal at every home you visit. Believe me, by the time we began to light the deyas that night, I was completely stuffed from all the delicious foods I had eaten in the numerous Hindu homes I visited!

While helping to light the deyas on the night of Divali, I mentioned to my host brother that the Hindu festival of Divali reminded me very much of the way we in the U.S. celebrate a very important religious holiday in our culture. Can you guess what holiday I was thinking of? (Hint - think of all the lights, the food, and a visit by a special individual during the night!)

THINKING AHEAD TO WORLD FOOD DAY 1984

World Food Day 1981-83: Years of Growth

One of our goals has been to demonstrate that there is broad-based, knowledgeable public support for anti-hunger, food-security action. While we haven't completed our 1983 summary, it is clear from the local reports we have already received that it will again show expansion in every direction and dimension:

- * Our core mailing list gained another 2,000 names this year, and we are now truly nationwide; there is no population center and hardly a rural area where there wasn't some kind of observance around October 16. Many more coalitions of organizing groups were established.
- * By their very nature, these coalitions found new ways to get involved and stronger ways to express their concerns — through community assessments, public meetings, petitions, legislative proposals and all manner of presentations to policymakers at every government level.
- * There was also another advance in official recognition — from the White House ceremony with the President to the establishment of annual anti-hunger awards by the Agency for International Development to actions by governors, legislators and mayors — all reflecting recognition of our growth.

Note: Reports of activities are now coming in, and so many of them are exciting and creative! Please send yours so we can have your ideas to to share with others.

Why 1984 Is Such an Important Opportunity

Every year is important, of course, but 1984 has a special significance — offering important opportunities to expand understanding of global food-hunger issues and to add substance and year-around impact to our annual observance:

- * This next year will mark the 10th anniversary of the 1974 United Nations World Food Conference, at which world governments including our own pledged to eliminate hunger in a single decade. This will be of more than symbolic importance. It will be a time to study why the hunger elimination goal will not be reached and what more we need to do. It will be a time for re-commitment.
- * And, of course, 1984 is a U.S. election year, when citizens and candidates must consider what priority they assign to hunger and food security issues, whether local, national or global. The World Food Day constituency can take the lead in demonstrating this priority through the political process.
- * The national scope and worldwide recognition that World Food Day has achieved, the growing awareness of the issues involved, the practical experience gained in organizing observances and building local coalitions can all be combined next year to increase our effectiveness.

(MORE)

How We Can Keep Moving Forward

World Food Day is putting down strong roots because people and organizations are discovering that the more it is used the more useful it becomes. A successful observance of any kind, we find, leads people to expand their horizons the following year: finding connections to other groups and other issues and discovering possibilities for greater involvement and impact. Without neglecting (or minimizing) what has worked in the past, planners should look for ways to combine a "day of awareness" with a day of planning and action for the days ahead:

- * From visibility goals such as displays, proclamations or guest speakers to community assessments, task forces for policy development and legislative action;
- * From studying or teaching about food/hunger problems to involvement in solution-oriented programs;
- * From food and fund collections to meet emergency needs to a more comprehensive approach to long-range food security;
- * From a local focus to a more regional, national or global perspective -- especially in the coming election year;
- * From longtime hunger activists talking to each other and their already committed followers to out-of-the-ordinary coalitions and partnerships taking a fresh look at an ancient and at last solvable problem.

Ways to Take Advantage of Growth, Opportunity and Experience

The main elements for winning the age-old struggle are in place. The problems and the solutions are known. The world community has the capacity and the resources, and we know the missing element for success is sufficient public will. The question is: Can we find the way to use World Food Day so effectively that it can help provide the will?

- * Three years have been well spent in establishing World Food Day as a regular event on the calendar, but there is still work to be done in utilizing local resources and translating concern to concrete action. An early planning start can help. The national office is open year-around.
- * National Committee organizations are committed to the goals and purposes of World Food Day, but they need to know from you what resources you need from them to enable you to relate organizational goals and programs to World Food Day planning. Contact them for special resources.
- * Several areas of outreach and involvement have been initiated by the national WFD office - such as contacts with state school superintendents, library associations, state legislators, media, etc. Our overtures need to be followed up by you with meetings, where possible, or with letters or calls in order to develop local relationships and programs.
- * In order to begin to document our progress at all levels, we all need to give serious attention to a means for measuring whatever advances we make. As you work out methods, please send them to us so we can share them.

"When I said goodbye to our daughter at the airport, we both knew our lives would never be the same. Hers because there awaited her new experiences to grow from - new surroundings to cope with - and most of all, new people to meet and learn from. Our life changed from this experience when we welcomed home not only our daughter, but a confident, more understanding young woman."

--Mrs. Edmund Gose, Jefferson, Iowa
Mother of Cynthia Gose,
1982 IFYE Ambassador delegate
to Italy.

Fee includes international travel from the U.S. city of orientation, usually Washington, D.C., orientation and educational servicing costs, plus an experienced group leader. It does not include travel within the U.S., immunization, baggage insurance, passport or personal costs.

Act Now - Apply Early!

Applications, approved by the Cooperative Extension Service, are accepted by National 4-H Council as long as space is available through April 30. Specific country programs are on a first come basis and other country assignments begin in February.

Financial assistance is sometimes provided by communities, counties or states. Get more details or an application from your county Extension or state 4-H office, or write:

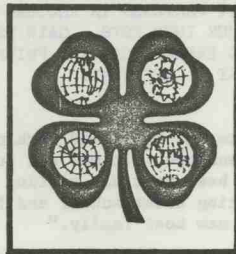


4-H International
National 4-H Council
7100 Connecticut Avenue
Chevy Chase, Maryland 20815
Telephone: 301/656-9000

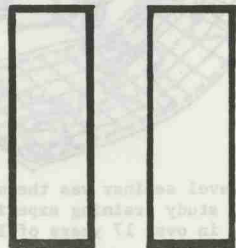
4-H International programs are conducted by National 4-H Council in support of the 4-H program of the Cooperative Extension Service of the State Land-Grant Universities and the U.S. Department of Agriculture. Programs and educational materials of National 4-H Council are available to all persons regardless of race, color, sex, age, religion, national origin, or handicap. Council is an equal opportunity employer.

Discover...

4-H International



DOOR TO OPPORTUNITY



for 1984

... another land ... another culture ... another view ...
 .. as an International Four-H Youth Exchange (IFYE) Ambassador

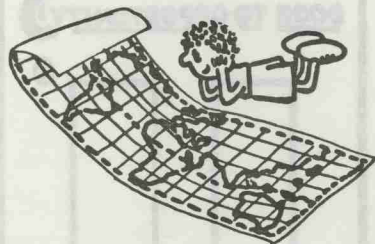
1984 IFYE AMBASSADOR
 offers
 Many Exciting Opportunities
 for 4-H Teens, Age 15-19

ONE OF THEM IS FOR YOU!

JOIN A GROUP OF YOUNG PEOPLE TO LIVE
 WITH HOST FAMILIES IN ANOTHER COUNTRY.
 SHARE YOUR INTERESTS. GAIN NEW AND
 EXCITING EXPERIENCES AND FRIENDS THAT
 WILL LAST A LIFE TIME!

"Going to the beach and working in
 the greenhouse...it was all fun.
 But the best part was sitting down
 and talking about school and family
 with my new host family."

--John Cather, 1982 IFYE Ambassador
 delegate, Arkansas to Holland



"This travel seminar was the most
 valuable study training experience
 I've had in over 17 years of Extension
 work."

--Dean Allen, Virginia

Summer - 4-H Projects.....

- * Be part of a special program in one
of these countries, giving your 4-H
project an international focus while
living with host families for 6 weeks
this summer.

Approx. Departure: June 20, 1984
 Approx. Cost: \$1,945.00 each program
 Applications received as space is still
available - through April 30, 1984

Summer - Cross-Cultural.....

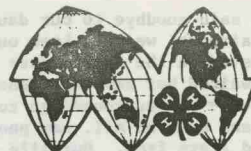
- * Share your U.S. Culture and learn about
4-H and youth programs with families
in one of these countries for 6 weeks
during the summer.

Approx. Departure: June 20, 1984
 Approx. Cost: \$1,445.00 - \$1,945.00
 depending on country.

Application deadline: same as above
Adult Travel Seminars, 1984

- * 4-H Programming for Extension Profess-
ionals and Volunteer Adult Leaders.
Includes study of 4-H-like programs,
camping and community clubs, plus host
family stays. Three weeks.
Application deadline: July 1
Approx. Departure: October 1
Approx. Cost: \$1,945.00

- * 4-H International Leader Forum for
Volunteers and Extension Professionals.
Includes study of world-renowned volun-
teer system including recruitment, train-
ing, recognition and organization, plus
host family stays. Three weeks.
Application deadline: July 1
Approx. Departure: October 1
Approx. Cost: \$1,945.00



SWITZERLAND - Dairy
 UNITED KINGDOM - Horsemanship
 WEST GERMANY - Natural Resources
 NETHERLANDS & BELGIUM
 Commodity Marketing
 UNITED KINGDOM - Animal Science
 ITALY - Clothing
 FRANCE - Foods
 AUSTRALIA - Sheep
 KENYA - Wildlife Conservation
 and Photography

MEXICO
 COSTA RICA
 DENMARK
 SPAIN
 SWEDEN
 CANADA

SCANDINAVIA -
 NORWAY, SWEDEN, DENMARK

UNITED KINGDOM

THE PRESIDENT'S INTERNATIONAL YOUTH EXCHANGE INITIATIVE

What is it?

A decision by President Reagan, announced on May 24, 1982, to increase the number of youth exchanges (ages 15-19) between the United States and the following countries: Canada, Federal Republic of Germany, France, Italy, United Kingdom, and Japan. President Reagan named Charles Z. Wick, Director of the United States Information Agency (USIA) as his personal representative for the Initiative which will begin to expand to additional countries in 1984.

Why is it important?

The Initiative, which comes at a time when international education involving American youth is declining, reflects the belief of the U.S. that exchanges of young people are perhaps the best long-range means to ensure close relations and mutual understanding among the "successor generations."

How will it work?

The Initiative is a cooperative undertaking between the U.S. Government and the private sector.

USIA is providing grants to American not-for-profit exchange organizations which have a demonstrated track record of experience and competence in selecting host families for foreign visitors and young people for overseas programs. These funds enhance the capability of those organizations to administer more youth exchanges. Programs range in length from four weeks to one year and include business internships, programs for young workers, summer cultural programs, in addition to year-long academic programs.

Private sector cooperation, in the form of financial and other voluntary support (such as American host families for the foreign students), is crucial to the success of the Initiative. A President's Council, made up of top corporate executives across the country under the chairmanship of Coy Eklund, Chief Executive Officer of the Equitable Life Assurance Society, has been formed to encourage such private sector support.

How can citizens participate?

Families interested in hosting a foreign student, and students interested in exchange programs should write to:

Youth Exchange
Pueblo, Colorado 81009

THE PRESIDENT'S INTERNATIONAL YOUTH EXCHANGE INITIATIVE

A decision by President Reagan, announced on May 21, 1982, to increase the number of youth exchanges (ages 17-25) between the United States and the following countries: Canada, Federal Republic of Germany, France, Italy, Japan, Kingdom of the Netherlands, Sweden, Switzerland, United Kingdom, and West Germany. President Reagan named Charles E. Wick, Director of the United States Information Agency (USIA), as the person responsible for the initiative which will begin to expand to additional countries in 1984.

The initiative, which comes at a time when international education involving American youth is declining, reflects the belief of the U.S. that exchanges of young people are perhaps the best long-range means to ensure close relations and mutual understanding among the "successor generations."

The initiative is a cooperative undertaking between the U.S. Government and the private sector.

USIA is providing organizations with a track record of successful host families for exchange students. These organizations are encouraged to provide a variety of services to their guests in length. Programs range in length from a few weeks to a year. Some programs include business internships, cultural programs, and other activities.



National 4-H Council
International Relations (YX)
7100 Connecticut Avenue
Chevy Chase, Maryland 20815

The National 4-H Council supports the 4-H program of the Cooperative Extension Service in a variety of educational programs, including international exchange and training programs with over 40 countries around the world. The International Four-H Youth Exchange (IFYE) program, begun in 1948, pioneered the 4-H international experience of living and working with families in another land.

The IFYE Ambassador program provides a six-week summer experience for 15 through 19 year-olds in 17 countries. Programs emphasize cross-cultural understanding plus some focus on a specific 4-H project study area such as animal science, clothing, dairy and foods-nutrition. All groups are accompanied by a leader. Costs, ranging from \$700 to \$2,300, depend on the country and include orientation, international travel, insurance and other program services. In turn, rural and urban families are needed to host visitors from other countries. Most family visits are short-term for two or four weeks.

For additional information, send a stamped, self-addressed, business-sized envelope to the National 4-H Council at the above address.



national 4-H council

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

CABLE: NATFOUR, WASHINGTON, D.C.

National 4-H Council

OPTOMETRIC STUDENT CITIZENSHIP-WASHINGTON FOCUS

1984 PROGRAM ASSISTANT

ANNOUNCEMENT

A program assistantship in 4-H eye care education is offered for a student or recent graduate of optometry. The student will work with citizenship programs for older teenagers at the National 4-H Center, Washington, D.C., from May 25 through August 10, 1984. Application should go through the State 4-H Office and reach National 4-H Council by January 9, 1984.

Background of 4-H Eye Care Education

With support from the American Optometric Association and Auxiliary, National 4-H Council has been coordinating 4-H eye care education since 1975. Starting with four pilot states, the program has expanded with grants to other states. A leader's guide, "Adventures in Vision," is being used by many 4-H groups. Programs for 4-H teens and adults at the National 4-H Council have included workshops on eye care education.

Citizenship-Washington Focus

Each summer older teen 4-H members come to the National 4-H Center in suburban Washington for a week-long citizenship experience. From early June to late August an average of 600 youths from across the country, accompanied by several adult volunteer leaders and Extension staff, attend each week's program.

Program emphasis is on citizenship responsibility. Stimulating speakers, visits to historic sites and monuments, talks with representatives in Congress, discussion and planning for application of ideas back home make a packed, exciting, unforgettable week.

One feature of the program is Workshop Groups of about 40 who meet several times during the week to discuss and interpret their experiences. As part of each week's program there is also a special emphasis on a particular topic such as economics, conservation, health, etc.

Each summer about 25 college students and graduates serve as program assistants, and others serve in different positions. One student of optometry will be selected to serve as a member of the 1984 staff for Citizenship-Washington Focus and give leadership to eye care workshops and assist with health emphasis weeks as part of the summer 4-H citizenship program.

The Auxiliary to the American Optometric Association provides support to enable National 4-H Council to offer this summer position.

Gwen El Sawi, Program Manager, Citizenship/Leadership, will work closely with the optometric program assistant.

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1983 4-H DIGEST

ANIMAL SCIENCES

SUPPORTED BY



NATIONAL 4-H COUNCIL

This is the eighth in a series of 4-H Digests providing information about private resource support to help expand and strengthen your 4-H program.

Introduction

Learning to care for animals is one of the first ways young people learn responsibility. It is also an experience that develops leadership, achievement and individual accomplishment in 4-H'ers. The 4-H animal science programs give young people a chance to explore individual areas of interest in the animal kingdom. This issue of 4-H Digest features 4-H programs in agriculture, beef, swine, sheep, commodity marketing, dairy, dog care and training, horse and veterinary science. Through these programs, young people have the opportunity to explore a variety of subject matter areas: from simple pet care and training to careers in the animal sciences, how to make money breeding, raising and/or training animals, and how to successfully market animals and animal products.

4-H members involved in the animal science programs have the opportunity to participate in several national and regional 4-H events. In 1984, these include the National 4-H Commodity Marketing Symposium, Chicago, Illinois, April 14-17; National/Regional 4-H Horse Roundup, Denver, Colorado, October 3-5 and Harrisburg, Pennsylvania November 2-4; National 4-H Dairy Cattle Judging Contest, Madison, Wisconsin, October 2-3; National 4-H Dairy Conference, Madison, Wisconsin, October 3-6; National 4-H Livestock Judging Contest, Louisville, Kentucky, November 11-14; and the National 4-H Poultry and Egg Conference, Louisville, Kentucky, November 14-15. In addition, there are several international opportunities for 4-H'ers interested in animal science. In the summer of 1984 International 4-H Youth Exchanges will provide learning opportunities in the following countries with special educational emphases: Switzerland, dairy; United

Kingdom, horsemanship and animal science; Belgium and The Netherlands, commodity marketing; and Australia, sheep. For information on these exchange programs write to: International Program, National 4-H Council, 7100 Connecticut Avenue, Chevy Chase, Maryland 20815. These events are just a part of the unbeatable educational experience the animal science programs offer your 4-H members.

This issue of the 4-H Digest is designed to help you take advantage of the resources available to you with the support of the private sector. On page two you will find the specific program objectives established by the Cooperative Extension Service. You will also find a listing of the corporations and organizations that help you stimulate excellence in these programs by providing incentives and awards and other support at the county, state and national levels. You and your 4-H members will want to write to persons listed to express appreciation for 4-H support.

Page four begins a variety of ideas to help you make the animal sciences exciting areas of learning for your 4-H members. These ideas come from leaders and members all around the country. They have been tested—and they work! Related directly to the program objectives, these workable ideas will help your 4-H members in learning and meeting requirements for record books judging.

Starting on page seven, you'll find a listing of educational aids—member and leader manuals, slide sets, films and special publications—available to help you teach your 4-H'ers about the animal sciences.

IMPROVING YOUR LEADERSHIP SKILLS

In addition to the resources listed in this issue of 4-H Digest, you will find a wealth of resources right in your own community. Start with your county Extension office. Then, call on the American Veterinary Medical Association or its Auxiliary for help in arranging tours and lining up guest speakers from throughout the animal care industry. Breed associations such as your state Quarter Horse Association, medical and veterinary institutions, local milk producers, associations, marketing organizations, local animal product retailers and farmers will be

glad to provide their expertise to your 4-H members. You needn't be an expert in animal sciences. As long as you have a strong local pool of resource people, you can provide the leadership in giving your 4-H members an outstanding educational experience.

Be sure to keep this issue of the Digest. Even if your present leadership role is not in one of these areas, it can serve as a valuable reference for the future. A limited number of extra copies is available at your state 4-H office.

Objectives

common to all programs

1. To develop leadership abilities, build character and assume citizenship responsibilities.
2. To explore career opportunities.
3. To develop skills, knowledge and attitudes for lifelong use.
4. To share knowledge gained with others.

Individual Animal Science Programs give 4-H'ers the opportunity to:

Agricultural

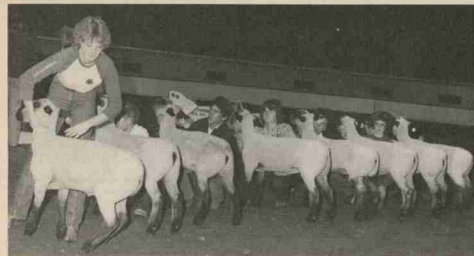
- Develop in self and others, a knowledge and respect for agriculture and its importance to the community and to international economy.



- Develop skills that contribute to profitable, efficient farming/ranching and a satisfying way of life.
- Adapt and apply the best management practices and beneficial results of research to farming/ranching.
- Help others improve their farming/ranching skills and standard of living.
- Help the family achieve progress in farming/ranching, family life and community involvement.

Beef, Sheep and Swine

- Learn basic principles of animal science by owning and/or caring for and keeping records on one or more head of livestock.
- Demonstrate a knowledge of sound breeding, feeding, and management practices.
- Identify types and grades of animals and employ efficient marketing methods.
- Develop integrity, sportsmanship, decision making ability, and public speaking skills through participation in demonstrations, tours, judging, and/or exhibits.
- Learn the value of scientific research and its influence upon animals and the meat industry.



Letters of appreciation for support in these programs may be addressed to the following individuals:

Agricultural

Mr. Jack D. Michaels, President
Agricultural Equipment Group
International Harvester Company
P.O. Box 56930
AMF O'Hare, Illinois 60666

Mr. William M. Jones, President
Agri Products Group
Ralston Purina Company
Checkerboard Square
St. Louis, Missouri 63164

Awards

County: 4 medals of honor
State: Trip to National 4-H Congress
National: Six \$1,000 scholarships

Beef

Mr. John B. Collier IV, President
American Simmental Association
1 Simmental Way
Bozeman, Montana 59715

Awards

National: Six \$1,000 scholarships; Six trips to National 4-H Congress

Commodity Marketing

Dr. Lloyd Besant, Vice President
Education and Public Services
The Chicago Board of Trade
141 West Jackson Boulevard
Chicago, Illinois 60604

Awards

County: 4 medals of honor
State: Trip to Commodity Marketing Symposium

Dairy

Mr. Robert LoConte, Vice President
CIGNA Corporation
1600 Arch Street
Philadelphia, Pennsylvania 19101

Awards

County: 4 medals of honor
State: Trip to National 4-H Congress
National: Six \$1,000 scholarships

Dog Care and Training

Mr. George H. Kyd, Division Vice President
and Director, Public Relations
Ralston Purina Company
Checkerboard Square
St. Louis, Missouri 63164

Awards

County: 4 medals of honor
State: Transistor radio
Sectional: 18 trips to National 4-H Congress
National: Six \$1,000 scholarships

Horse

Mr. Don Treadway, Director of Public Relations
American Quarter Horse Association
Box 200
Amarillo, Texas 79168

Mr. Robert LoConte, Vice President
CIGNA Corporation
1600 Arch Street
Philadelphia, Pennsylvania 19101

Awards

County: 4 medals of honor
State: Certificate and pin
National: Six \$1,000 scholarships; Six trips to National 4-H Congress

Sheep

Mr. Rodger L. Wasson, Executive Director
American Sheep Producers Council, Inc.
200 Clayton Street
Denver, Colorado 80206

Awards

National: Four \$1,000 scholarships; Four trips to National 4-H Congress

Swine

Mr. James L. Dutt, Chairman
National 4-H Council
7100 Connecticut Avenue
Chevy Chase, Maryland 20815

Awards

National: Six \$1,000 scholarships; Six trips to National 4-H Congress

Veterinary Science

Mr. Preston S. Parish, Vice Chairman of the Board
The Upjohn Company
Kalamazoo, Michigan 49001

Awards

County: 4 medals of honor
State: \$75 U.S. Savings Bond
Sectional: 24 trips to National 4-H Congress
National: Six \$1,000 scholarships

National 4-H Council is a not-for-profit educational organization that utilizes private resources to help expand and strengthen the 4-H program. 4-H is the youth education program of the Cooperative Extension Service of the State Land-Grant Universities and the U.S. Department of Agriculture. Programs and educational materials of National 4-H Council are available to all persons regardless of race, color, sex, age, religion, national origin or handicap. Council is an equal opportunity employer.

Commodity Marketing

- Learn basic economic marketing and management principles of a free marketing system.
- Investigate the cash and futures markets.
- Apply economic marketing and management principles and tools to other 4-H projects.



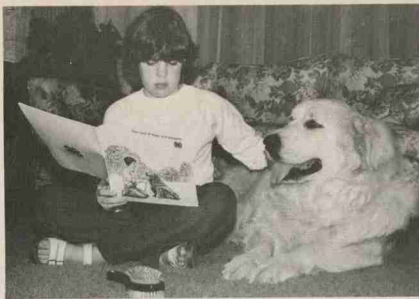
Dairy

- Become aware of the scope and economic significance of the dairy industry.
- Acquire skills in dairy production through ownership and care of dairy animals.
- Learn marketing, processing, distribution, consumption and use of dairy products.
- Learn and practice principles of cleanliness and sanitation as applied to the production and care of dairy products.
- Learn nutritive value of dairy products and promote their use.
- Appreciate contributions and applications of scientific research to the dairy industry.
- Develop sportsmanship, cooperation, decisionmaking ability, and public speaking skills through participation in demonstrations, tours, judging, and/or exhibits.



Dog Care and Training

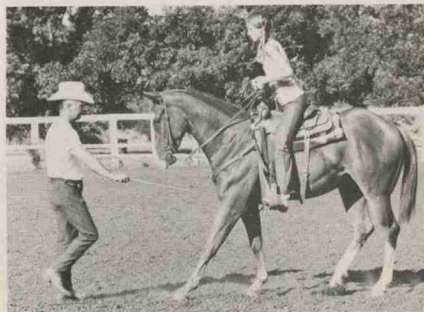
- Learn about major dog breeds and be able to identify their characteristics.
- Study the responsibilities of dog ownership.
- Demonstrate dog care and management in feeding, care, handling, grooming and fitting.



- Keep records of all costs and management practices.
- Learn and follow dog health regulations, including first aid and simple treatments for ailments not requiring veterinary attention.
- Train a dog to follow simple commands.
- Understand the role of scientific research in dog husbandry.
- Develop sportsmanship, cooperation, decisionmaking ability, and public speaking skills through participation in demonstrations, tours, judging, and/or exhibits.

Horse

- Acquire skills in horse management by owning a horse or pony and being responsible for it.
- Appreciate riding as recreation.
- Learn horsemanship skills and understand breeding, training, and raising of horses as a business.
- Acquire safety skills to prevent injury to persons and animals.
- Promote love for and humane treatment of animals.
- Develop sportsmanship, cooperation, decisionmaking ability, and public speaking skills through participation in demonstrations, tours, judging, and/or exhibits.



Veterinary Science

- Develop understanding and appreciation of veterinary medicine.
- Appreciate the importance of good management and sanitation practices in keeping animals and birds healthy.
- Learn the values of scientific research and its influence upon animals and their health.

Ideas to Help 4-H'ers Grow



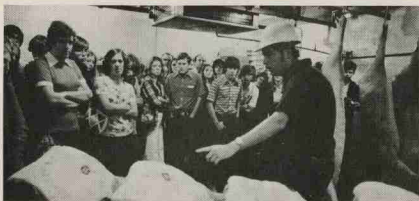
Agricultural

- Arrange to tour a computerized farm in your area. Learn how computers are playing an increasingly important role in agriculture, and what phases of farming are affected.
- Plan an Agriculture Skills Field Day. Include livestock, meat, crop and soil judging, tractor driving, timber cruising and soil analysis.
- Explore farm and agricultural organizations. Invite representatives from Farm Bureau, Grange, Soil Conservation and others to speak to your club.
- Tour marketing facilities in your area. Include farmers' markets, packing sheds and cooperatives.
- Display your club's agriculture activities. Make posters with pictures of club projects, for display in public areas—malls, store windows, libraries.
- Tour a farm which uses the latest in soil conservation techniques; explore the ways different methods help prevent soil erosion.
- Conduct a survey—see how many types of irrigation equipment are used in your county; which method seems most effective?
- Hold an Agriculture Heritage Fair at a local mall. Demonstrate old techniques of farming and homemaking, such as grain threshing, butter churning, spinning. Display antique farm tools and machinery.
- Raise money with a Harvest Sale. Include as many agricultural products as possible, either as produce or as crafts. Provide recipes, craft instruction, demonstrations and educational information.
- Research the changes in amount of farm land in your county. Assist in efforts to preserve prime farm land.

Beef, Sheep and Swine

- Explore different breeds: invite breed association representatives to speak to your club; plan a field trip to farms in your area which raise different breeds; study the origins and characteristics of different breeds.
- Mini-camps on a farm are a great way for 4-H'ers to learn safety, facilities, equipment training techniques, diseases and desirable conformation for beef, sheep or swine.
- Study nutrition. Visit farm supply stores and feedlots to discuss feed rations and summarize the differences that occur by breed and weight.

- Invite a veterinarian to present demonstrations on dehorning (beef), deworming, castrating and other herd health practices.
- Study the commercial beef, swine and sheep industries in the United States.
- Organize club or county beef, pork and lamb barbecue or cook-off contests.
- Chart the steps involved in getting meat to the consumer's table. Visit a livestock market, slaughterhouse, meat packing plant, meat market or food store.



- Invite school children and adults to a county-sponsored Beef, Sheep or Swine Day on a local farm. Conduct tours of farm operations, demonstrations of shearing and spinning, samples of beef, swine and lamb cookery, and a petting area.
- Conduct a showmanship clinic for younger 4-H'ers.
- Investigate different ways of keeping herd records, and let members decide which methods are most effective for their individual projects.
- Research the uses of animal by-products in science, medicine and industry.

Commodity Marketing

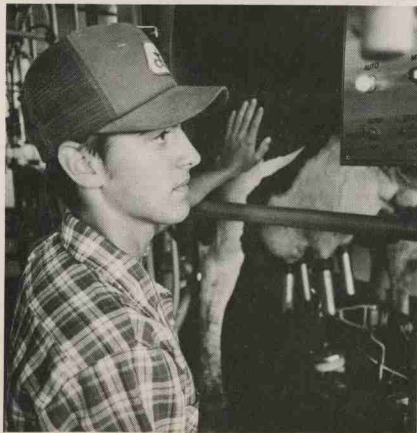
- Go international! Study how marketing of goods and services differ from country to country.
- Study your local marketing situation. Which commodities are important in your county/state? How are they marketed? Where are local commodities

used? Are they involved in world trade?

- Teach your 4-H'ers good researching techniques. Explore the history of the futures market and research the reasons for its beginning.
- Take advantage of local historians. Check with older local farmers to find out how the marketing of their farm products has changed.
- Transportation affects commodity marketing. What forms of transportation are available in your area? What are the differences in cost?
- Include commodity marketing in 4-H member projects. Members may study how to market individual or club projects most effectively.
- Give fund raising a marketing twist. Let members keep records of club fund raising projects, analyze which methods are most effective and which markets are most productive for the club's goods or services.
- Hold a commodity marketing career fair. Invite marketing specialists, traders, farmers, retailers and other professionals to speak to your club.
- Let each member choose a commodity and follow its development from production to consumer.

Dairy

- Learn from an autopsy. Ask a veterinarian to include your 4-H'ers when doing an autopsy on a dairy goat or dairy cow. Identify organs and examine ruminant stomach and mammary glands.
- Tour a commercial dairy products plant. Compare dairy production in the U.S. with that overseas, and evaluate practices and techniques.
- Conduct a county-wide workshop on fitting and showing animals.
- Find out about artificial insemination and dairy genetics; invite a dairy breeders association member to speak to your club.
- Tour a modern dairy farm in your area. Explore the use of computers, embryo transfers and artificial insemination.
- Let your club members discuss health problems and practices necessary to maintain a healthy herd. Invite a veterinarian to demonstrate good herd health practices.



- Visit the dairy department at your land-grant university, local college or state department of agriculture. Discuss the latest research in the industry, dairy-related careers, and government regulation on dairy production.
- June is Dairy Month! Your club can be ready, by planning tours of dairy farms for non-farm youth, displays of dairy products in public areas, dairy foods cooking demonstrations in schools or with civic organizations. Promote your activities through a dairy page in the local newspaper and special notices to civic clubs and other groups.

Dog Care and Training

- "Dog Wash-A-Thons" or "Dog Dip Days" are good ways for your club to raise money. Ask local retail stores to donate needed supplies.
- Local humane society or animal shelter personnel will welcome your help in finding homes for strays. Sponsor a puppy sale or Adopt-A-Pet Day.
- Contact the American Kennel Club to find out which breeds have increased and decreased in popularity over the years, and why.
- Organize a dog identification campaign in your county.
- A county-wide "Dog Bowl" gives 4-H'ers a chance to answer questions on breeds, care, anatomy, diseases and training.
- Work with the Pets Are Wonderful Council to promote pets and Be Kind To Animals Week.



- Conduct a dog show for younger 4-H'ers and/or school children. Include dog obedience demonstrations and fun classes.
- Assist a local veterinarian with a rabies or heartworm clinic. Publicize the clinic with newspaper and radio ads, fliers and posters.
- Organize a club to raise puppies for Guide Dogs

for the Blind or Ears for the Deaf.

- Develop a poster program on animal control. Place posters in store windows, malls, schools and other public places.
- Produce a slide show on dog care, for school children.
- Study the working dogs (herding dogs and sled dogs) and their roles in different countries, including the United States.

Horse

- Organize a horse judging workshop; invite 4-H'ers from other counties to participate.
- Assist with the maintenance of riding facilities at your county fairground.



- Provide pony and cart rides at a 4-H event, hold a Ride-A-Thon, or raffle riding lessons to raise money for charity or your club.
- Help establish or maintain riding trails in your community by working with your county Parks and Recreation Department.
- Make a poster display of different breeds of horses: their origin, popular breeds in other countries, breeds native to the U.S.
- Share your horses and riding skills with mentally, physically or emotionally handicapped members of your community.
- Establish a horse drill team to perform at area events and parades. Make a 4-H banner and serapes for the group.
- Hold a 4-H Horse Activity Day to promote the 4-H horse program. Include a farm show, trail rides and demonstrations about horsemanship, riding and safety.
- Plan a club field trip to a horse show, county fair or riding stables.
- Host a Horse Bowl with another county. Teams may compete answering questions about horse history, breeds, health, conformation.

Veterinary Science

- Assign club members to interview people involved in careers related to veterinary science: feedlot managers, veterinary technicians, meat inspectors. 4-H'ers may report their findings to the rest of the club.
- Visit local pet stores to learn about feeding and caring for animals and conditions necessary for good animal health.
- Organize a petting zoo at your county fair, shopping mall or other public area. Provide displays and hand-outs on pet care, and preventive medicine.
- Invite a veterinarian to a club meeting to teach members about general animal/pet care, birthing,



castrating, worming and eye care.

- Work with local veterinarians to establish observation programs at local clinics. Members might be scheduled to observe veterinarians at work once a month.
- Start a "Share-A-Pet" program with a local senior citizens or convalescent home. Members take their pets to share with residents on a weekly basis.
- Establish pet bulletin boards in veterinary offices and public places to give pet care tips and ads for lost and found pets, pet give-aways and jobs wanted caring for pets.
- Raise money for your club by establishing a pet-sitting service. Members take turns caring for animals while their owners are on vacation or away on business.
- Organize a wildlife hospital with a local veterinarian.
- Each club member may research the nutritional requirements of pets they own, determine if those needs are being met, and decide how to correct any problems.

Dairy Goat Project Scholarships

The American Dairy Goat Association, Spindale, North Carolina, has provided funding for six \$1,000 college scholarships. Candidates must have completed at least one year of project work in the 4-H Dairy Goat program. For more information contact your county Extension office or state 4-H office.

Leadership Learning Opportunity

National 4-H Volunteer Leader Forum/Horse

Your local 4-H Horse project can be improved through learning new teaching methods in workshops such as:

- Horse Abuse... You Can Do Something About It
- Conducting Horse Camps
- Judging—More Than Evaluation

Observe the importance horses still have, when you take field trips to:

- U.S. Park Police Horse Training Barn, Washington, D.C.
- Caisson Platoon, Old Guard of the Army, Ft. Meyer, Virginia
- 4-H Riding for the Handicapped, Inc., Foxcroft School, Middleburg, Virginia

After study, enjoy the exciting experience of attending the International Horse Show at the Capital Centre in Landover, Maryland. The forum is October 22-27, 1984 at the National 4-H Center in Chevy Chase, Maryland. Fee is \$300.00.

Educational Aids in the Animal Sciences

Horse

The 4-H horse project consists of two member manuals and nearly 40 slide sets with accompanying lessons and worksheets to help youth develop knowledge and skills in animal care, animal judging, safety and sportsmanship.

CO 200 - Horses & Horsemanship (Unit I member's manual) 64¢ is divided into many subjects. Some topics include breeds of light horses, color and color markings, horse judging, gaits, western horsemanship, tack & equipment and its care, grooming and preparation for show, showing, care of the horse's feet and training your horse.

CO 201 - Horse Science (Unit II member's manual) 64¢ deals with the physiology of the horse and the sciences involved in the feeding, care and maintenance of the animal's health. Covers such topics as anatomy, digestive system, determining age by the teeth, principles of reproduction, inheritance, feeds, health, sanitation, disease problems and internal and external parasites.

SL 501 - Genetics of Coat Color of Horses slide set
CO 401 - Lesson; CO 501 Worksheet 10¢ ea.

SL 502 - What A Judge Looks for in Equitation Classes slide set

CO 402 - Lesson 12¢; CO 502 Worksheet 10¢ ea.

SL 503 - Internal Parasites of Horses slide set

CO 403 - Lesson; CO 503 Worksheet 10¢ ea.

SL 504 - Health Hints for Your Horse slide set

CO 404 - Lesson; CO 504 Worksheet 10¢ ea.

SL 505 - Intermediate Trail Riding slide set

CO 405 - Lesson 12¢; CO 505 Worksheet 10¢ ea.

SL 506 - Pre-Bit Hackamore Training slide set

CO 406 - Lesson 12¢; CO 506 Worksheet 10¢ ea.

SL 507 - Horse Safety (Catching, Leading, Grooming) slide set

CO 407 - Lesson 12¢; CO 507 Worksheet 10¢ ea.

SL 508 - Safety Mounted (Saddling, Bridling, Riding Western)

CO 408 - Lesson 12¢; CO 508 Worksheet 10¢ ea.

SL 509 - Practical Horse Psychology slide set

CO 409 - Lesson 12¢; CO 509 Worksheet 10¢ ea.

SL 510 - Basic Principles of Foot Care & Cold Horseshoeing slide set

CO 410 - Lesson 12¢; CO 510 Worksheet 10¢ ea.

SL 511 - Horse Training by Driving slide set

CO 411 - Lesson 12¢; CO 511 Worksheet 10¢ ea.

SL 512 - Buy a Horse - Not Trouble slide set

CO 412 - Lesson 12¢; CO 512 Worksheet 10¢ ea.

SL 513 - Saddle Selection slide set

CO 413 - Lesson 12¢; CO 513 Worksheet 10¢ ea.

SL 514 - English Saddle Construction slide set

CO 414 - Lesson; CO 514 Worksheet 10¢ ea.

SL 515 - Western Saddle Construction slide set

CO 415 - Lesson 12¢; CO 515 Worksheet 10¢ ea.

SL 516 - Longe Line Training slide set

CO 416 - Lesson; CO 516 Worksheet 10¢ ea.

SL 517 - Techniques of Line Driving slide set

CO 417 - Lesson 12¢; CO 517 Worksheet 10¢ ea.

SL 518 - Braiding the Hunter's Mane & Tail slide set

CO 418 - Lesson 12¢; CO 518 Worksheet 10¢ ea.

SL 519 - Horse Safety for the Hunt Seat Rider slide set

CO 419 - Lesson 12¢; CO 519 Worksheet 10¢ ea.

SL 520 - Western Pleasure Trail Riding slide set

CO 420 - Lesson 12¢; CO 520 Worksheet 10¢ ea.

SL 521 - Competitive Trail Riding slide set

CO 421 - Lesson 12¢; CO 521 Worksheet 10¢ ea.

SL 522 - Haltering & Tying slide set

CO 422 - Lesson 12¢; CO 522 Worksheet 10¢ ea.

SL 523 - Miscellaneous Tack & Equipment slide set

CO 423 - Lesson 12¢; CO 523 Worksheet 10¢ ea.

SL 524 - Choosing, Assembling and Using Bridles slide set
CO 424 - Lesson 12¢; CO 524 Worksheet 10¢ ea.

SL 525 - Women on Horseback slide set

CO 425 - Lesson 12¢; CO 525 Worksheet 10¢ ea.

SL 526 - Horse Backpacking I slide set

CO 426 - Lesson 12¢; CO 526 Worksheet 10¢ ea.

SL 527 - Horse Backpacking II slide set

CO 427 - Lesson 12¢; CO 527 Worksheet 10¢ ea.

SL 528 - Martingales, Tie Down, Draw Reins slide set

CO 428 - Lesson 12¢; CO 528 Worksheet 10¢ ea.

SL 529 - Care of Your Horse's Feet slide set

CO 429 - Lesson 12¢; CO 529 Worksheet 10¢ ea.

SL 530 - Hot Horseshoeing slide set

CO 430 - Lesson 12¢; CO 530 Worksheet 10¢ ea.

SL 531 - Genes for White Patterns slide set

CO 431 - Lesson 12¢; CO 531 Worksheet 10¢ ea.

SL 532 - Genes for Color Except White slide set

CO 432 - Lesson; CO 532 Worksheet 10¢ ea.

SL 533 - Drill Teams, Part I slide set

CA 433 - Lesson: Part IA - Forming & Organizing 12¢ ea.

CA 433 - Worksheet: Part IA - Forming & Organizing 8¢ ea.

CB 433 - Lesson: Part IB - Beginning Formations 12¢ ea.

CB 433 - Worksheet: Part IB - Beginning Formations 10¢ ea.

SL 534 - Drill Teams, Part II slide set

CA 434 - Lesson: Part IIA - Intermediate Formations 12¢ ea.

CA 434 - Worksheet: Part IIA - Intermediate Formations 10¢ ea.

CB 434 - Lesson: Part IIB - Advanced Formations 12¢ ea.

CB 434 - Worksheet: Part IIB - Advanced Formations 10¢ ea.

SL 535 - Tips for Pony Pleasure Drivers slide set

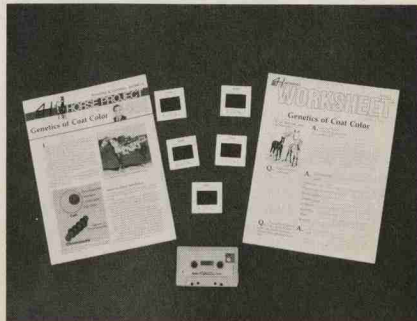
CO 435 - Lesson 12¢; CO 535 Worksheet 10¢ ea.

SL 536 - Equine Eyes slide set

CO 436 - Lesson 12¢; CO 536 Worksheet 10¢ ea.

DONOR SUPPORT: Purina Horse Chows, Ralston Purina Company

SOURCE: All horse slide sets are available at \$25.00 each from Educational Aids, National 4-H Council. All printed manuals, lessons and worksheets are available from the Colson Company at the indicated prices. Prices for Colson Company items will increase effective January 1, 1984.



Dairy

SL 800 - Colostrum: Crucial First Meal for Calves slide set \$23.00

LI 800 - Colostrum Lesson/Worksheet 15c

Slide set and combined lesson/worksheet tell when, why and how colostrum should be fed. For all ages. 80 slides, nine minutes.

DONOR SUPPORT: Insurance Company of North America

SOURCE: Educational Aids, National 4-H Council

Dog Care & Training

A series of member manuals, leader's guide, project record sheet and slide set.

CO 801 - Training Your Dog for Family Living 35c

CO 802 - Dog Obedience Training Lessons for Beginners 35c

CO 803 - Dog Obedience Training Lessons for Novice, Graduate Novice 31c

CO 804 - Grooming and Handling Dogs 30c

CO 805 - The Care of Puppies & Dogs 40c

CO 806 - 4-H Dog Care & Training leader's guide 31c

DONOR SUPPORT: Purina Dog Foods Group, Ralston Purina Company

SOURCE: The Colson Company. Prices will increase effective January 1, 1984.

LI 716 - Dog Guides for the Blind 42c is part of the 4-H vision education series and covers raising, training and use of guide dogs.

DONOR SUPPORT: Purina Dog Foods Group, Ralston Purina Company

SOURCE: Educational Aids, National 4-H Council

LI 010 - Dog Project Record Form 4c

SL 001 - 4-H Dog Care & Training slide set \$18.00 explains the responsibilities of dog ownership and introduces the 4-H dog care and training program.

SOURCE: Educational Aids, National 4-H Council



Veterinary Science

The Normal Animal (Unit 1 member's manual) 70c

The Normal Animal (Unit 1 leader's guide) 25c

Covers anatomy & physiology, attitude and behavior, maintaining health and sanitation.

Animal Disease (Unit II member's manual) 80c

Animal Disease (Unit II leader's guide) 25c

Covers diseases caused by bacteria and viruses; internal & external parasites, nutrition and disease, heredity and stress.

SOURCE: State 4-H Department, University of Nebraska

SL 201 - The Normal Animal (Unit 1) slide set \$90.00 contains 9 slide sets, one to support each of the lessons in the Unit 1 member manual.

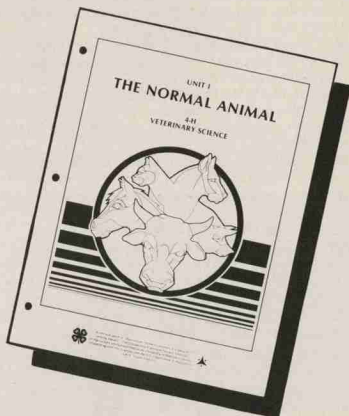
SOURCE: Educational Aids, National 4-H Council

SL 204 - A Pet Needs More Than Love slide set \$15.00 covers the basic responsibilities one assumes when owning a pet. Deals mostly with cats & dogs. Excellent "beginner" presentation for new members enrolling in a veterinary science, dog or cat project. 80 slides; 16 minutes.

LI 703 - How Other Animals See 40c is part of the 4-H vision education series. It describes the visual system of other animals and compares likenesses and differences between eye structure & movement of man and other animals.

DONOR SUPPORT: American Optometric Association and the AOA Auxiliary

SOURCE: Educational Aids, National 4-H Council



Commodity Marketing

Defines, in steps, various aspects of marketing and distribution processes. Explains use of cash and futures markets for basic commodities and retail marketing.

PR 300 - 4-H Commodity Marketing member's manual

PR 301 - 4-H Commodity Marketing leader's guide

SL 028 - Commodity Marketing slide set \$20.00

DONOR SUPPORT: The Chicago Board of Trade

SOURCE: The Chicago Board of Trade. Member manuals 25c ea., leader guides free with purchase of 10 member manuals.

Source Addresses:

The Chicago Board of Trade, Education Services, La Salle at Jackson St., Chicago, IL 60604

The Colson Company, 4-H Service Dept., 901 N. Main St., Paris, IL 61944. When total order is less than \$20.00 there will be an extra charge of 5c per item plus \$1.00 handling charge. Prices for Colson Company items will increase effective January 1, 1984.

National 4-H Council, Educational Aids, 7100 Connecticut Ave., Chevy Chase, MD 20815

Shipping and Handling Charge Schedule

If order is \$2.00 or LESS, ADD 90c

If order is \$2.01 to \$3.00, ADD \$1.15

If order is \$3.01 to \$6.00, ADD \$1.55

If order is \$6.01 to \$9.00, ADD \$1.70

If order is \$9.01 to \$15.00, ADD \$2.00

If order is \$15.01 to \$20.00, ADD \$2.30

If order is \$20.01 to \$25.00, ADD \$2.65

All orders over \$25.00 and all foreign orders, customer will be invoiced for actual shipping charges.

University of Nebraska, State 4-H Department, 114 Ag Hall, U.N.L., Lincoln, NE 68583-0700

1983 4-H DIGEST

ACHIEVEMENT, CITIZENSHIP, LEADERSHIP, INTERNATIONAL PROGRAMS

OCTOBER 1983

SUPPORTED BY



NATIONAL 4-H COUNCIL

This is the seventh in a series of 4-H Digests providing information about private resource support to help expand and strengthen your 4-H program.

Introduction

When strengthened and shared, citizenship and leadership skills enhance the lives and learning experiences of young people and influence them toward greater achievement. Whether performing a community service, seeking excellence in a variety of projects, giving leadership to younger members or learning about different cultures, 4-H members enhance their skills in these programs. As an integral part of the 4-H experience, they help youth grow into well-rounded productive adults who will contribute to their communities, their society, their economy, their nation and the world.

This issue of the 4-H Digest is designed to help you take advantage of the resources available to you with the support of the private sector. On page two, you will find specific program objectives established by the Cooperative Extension Service. You also will find a listing of the corporations that help you stimulate excellence in these programs by providing incentives, awards and other support at the county, state and national levels. You and your 4-H members

will want to write to persons listed to express appreciation for 4-H support.

On pages three and four, you will find a listing of citizenship, leadership and international training opportunities available for adults and youth.

Page five begins a variety of ideas to make achievement, citizenship, international and leadership programs more exciting learning experiences for 4-H'ers. These ideas come from volunteer leaders and members around the country. They have been tested, they work and they relate directly to program objectives. They will help 4-H'ers in learning and meeting requirements for record book judging.

Pages seven and eight contain a listing of educational aids—member and leader manuals, slide sets, films, and special publications to help you teach 4-H'ers skills in achievement, citizenship, international and leadership.

IMPROVING YOUR LEADERSHIP SKILLS

The 4-H Digest is just one resource for 4-H leaders. In addition to the materials listed in this issue, many valuable resources are available right in your community. Check with your county Extension office. Then, call on community or social service agencies, business, civic and political leaders, government and court officials, college or school personnel, media specialists, former international exchanges, neighbors and friends. They will be glad to help! You don't have to be an expert in any of these areas to serve as a 4-H volunteer leader. Most people are flattered to be asked to share their skills with young people. Call on them. Find out what a really resourceful leader you are!

Be sure to keep this issue of the Digest. Even if your present leadership role is not in one of these areas, it can serve as a valuable reference for the future. A limited number of extra copies is available at your state 4-H office.



Objectives

common to all programs

Letters of appreciation and support may be addressed to the following individuals:

Achievement

Mr. Philip Caldwell
President
Ford Motor Company
The American Road
Dearborn, Michigan 48121

Awards

County: four medals of honor
State: trip to National 4-H Congress
National: nine \$1,000 scholarships, two silver trays

Citizenship

Ms. Sara Lunsford
Manager, Corporate Contributions
The Coca-Cola Company
P.O. Drawer 1734
Atlanta, Georgia 30301

Awards

County: four medals of honor
State: trip to National 4-H Congress
National: nine \$1,000 scholarships, two silver trays

Leadership

Mr. John A. O'Hara
President
Reader's Digest
Piesantville, New York 10570

Awards

County: four medals of honor
State: trip to National 4-H Congress
National: nine \$1,000 scholarships, two silver trays

4-H International Programs are supported through National 4-H Council by Exxon Corporation, New York, New York; Ford Motor Company Fund, Dearborn Michigan; Gerber Baby Foods Fund, Fremont, Michigan; Kellogg Corporation, Battle Creek, Michigan; and Ralston-Purina Trust Fund, St. Louis, Missouri. Friends of 4-H in participating states, foundations and individuals provide funds to supplement those contributed through Council. Programs in some countries receive additional support from grants to Council from the Bureau of Educational and Cultural Affairs of the U.S. Information Agency and the U.S. Agency for International Development.

National 4-H Council is a not-for-profit educational organization that uses private resources to help expand and strengthen the 4-H program. 4-H is the youth program of the Cooperative Extension Service of the State Land-Grant Universities and the U.S. Department of Agriculture. Programs and educational materials supported by National 4-H Council are available to all persons regardless of race, color, sex, age, religion, national origin or handicap.

2 Council is an equal opportunity employer.

Individual Achievement, Citizenship and Leadership Programs Give 4-H Members the Opportunity to:

Achievement

- Attain a broad knowledge of 4-H projects and activities and their contribution to improving family and community living.
- Become a skilled, productive and self-directing individual.
- Adopt and apply the latest practices and research findings to everyday living.
- Apply all 4-H training and experience in choosing and preparing for a vocation.



- Gain insights into the principles, processes and structures of democracy.
- Learn how issues affect the people of the world, affect us as a nation, and how the individual can become involved in addressing those issues.

Leadership

- Identify and understand roles, attitudes, tasks and functions necessary for effective leadership.
- Seek guidance in leadership development, which will provide opportunities to develop self confidence.
- Strengthen local 4-H units by becoming involved in leadership responsibilities and encouraging other youth to do so.
- Actively participate in program planning, development and implementation, and to help recruit new members and leaders.

Citizenship

- Become aware of their relationship to others: family, peers, state, nation and world.
- Acquire life skills that are essential for an individual to become an active, responsible citizen.
- Demonstrate social responsibility. Learn to respect and respond to the needs, rights and responsibilities of others.
- Contribute to community development.



4-H International Programs contribute to understanding among people of the world through assistance, exchange and training programs. They stimulate a growing international emphasis within the U.S. 4-H program and serve as a link with similar youth organizations in over 80 countries.

Programs range from country study and community 4-H international projects to international exchange and training opportunities for 4-H members, alumni, volunteer leaders, families and professional Extension staff.

The International Four-H Youth Exchange (IFYE) pioneered the international 4-H experience of living with families in another land. Other programs are more specialized and include work in youth development, adult travel seminars, agricultural training, leadership training and special assistance to developing nations.

International education projects and host family experiences help people learn about different cultures without leaving their own communities.

Training Opportunities

National 4-H Council provides strong support for citizenship, leadership and achievement programs through a broad range of training opportunities for both youth and adults.

for Youth

Citizenship-Washington Focus, June Through August, National 4-H Center.

Objectives of this six-day program are for 4-H'ers to: increase understanding and appreciation of American heritage; share concerns, ideas and inspiration with 4-H members from around the United States and some other countries; increase understanding of American government; discuss problems and possible solutions with senators, representatives, public and private organization officials; practice leadership skills in citizenship; develop a plan of action upon return home; and gain inspiration for taking an active leadership role as a citizen

in the home community. Using the nation's capital as a classroom the program includes a day on Capitol Hill to meet with members of Congress and see government in action; visits to federal agencies and national organizations; field trips to historical and cultural sites of Washington. Sessions at the 4-H Center place emphasis on individual citizen responsibilities and practice on how to become involved in the governmental process at the local level. Open to 4-H members 15 years of age and older.

Citizenship-World Focus, March 11-17 and August 12-18, 1984, National 4-H Center

This six day program helps youth and adult explore citizenship in a global context. The program includes examination of American foreign policy, discussion of issues with officials of the U.S. State Department, World Bank, diplomats and other international groups. A visit to the United Nations headquarters in

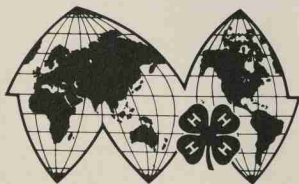
New York City is an option. The program is open to all 4-H members, volunteer leaders, families, 4-H and IFYE alumni, Extension staff, Extension Homemakers, and Extension-related school, church and civic groups.

Washington Focus, September through May, National 4-H Center

This three or five day program is designed for groups of 25 or more from 4-H, schools and other youth organizations. Using the nation's capital as a classroom, this program is adaptable to meet the needs and interests of the various groups. For example, emphasis may be placed on heritage, on govern-

ment study, on international relations, or other areas most appropriate for study in the nation's capital. This program offers Extension a unique opportunity to involve school or other groups in an experience at the National 4-H Center.

International Four-H Youth Exchange (IFYE) Ambassador Program, Summer Months



In this four to six week international experience 15 to 19 year old 4-H members explore another land,

another culture and other viewpoints. They live with host families in other countries, become acquainted with another language, learn about youth programs and explore new project dimensions. Participants travel with a qualified group leader. IFYE Ambassador offerings in 1984 will include general cross cultural experiences in Mexico, Costa Rica, Denmark, Spain and Sweden. Special programs related to specific 4-H projects will include: dairy studies, Switzerland; horsemanship, United Kingdom; natural resources, West Germany; commodity marketing, Belgium and the Netherlands; animal science, England/Wales; clothing, Italy; foods, France; sheep, Australia; and hunter education, East Africa (Kenya).

Citizenship-In-Action grants are available to 4-H clubs for innovative citizenship and community involvement projects and programs. Last year, 47 4-H groups from 25 states received grants ranging from \$50 to \$500. These awards were matched with local funds. The seed money

grants are provided by Reader's Digest Foundation. Applications for the grant must be submitted through the state 4-H office and reach Council by October 1 each year.

for Adults

4-H alumni, volunteer leaders and Extension staff can participate in a broad range of activities

National 4-H Volunteer Leader Forums

Symposium/Economics, Jobs and Careers

Jan. 23-28, 1984, National 4-H Center, Chevy Chase, Md. This forum is designed to strengthen the economics, jobs and career emphasis in existing 4-H projects. State teams of Extension staff and volunteers will exchange ideas with participants from other states; organize and conduct a job fair; study successful program models; and participate in simulated training sessions on resume writing, job interviews, shadowing and completing job applications. Field trips to various agencies and businesses in the Washington area also are included. Cost: \$300. Sponsored by General Electric Company and United States Steel Corporation. Educational scholarships will be available, with the state 4-H office determining recipients.

Organizational Leaders

April 2-7, 1984, National 4-H Center, Chevy Chase, Md. The program will emphasize 4-H member recruitment, officer training, program planning, identifying and utilizing community resources (human and material), awards and recognition, how to's in planning tours and field trips, 4-H visibility and enhancing citizenship and leadership skills. Participants also will visit historic and cultural sites in Washington, D.C., and visit congressmen on Capitol Hill. Cost: \$300.

Officers of County and State Leader Organizations

Oct. 15-22, 1984, National 4-H Center, Chevy Chase, Md. This forum will emphasize volunteer organization structure; recruiting, training, utilizing and recognizing volunteer leaders; key roles for teens; 4-H visibility; resource development; 4-H long-range program thrusts; and enhancing citizenship and leadership skills. Participants will spend a day on Capitol Hill, attending hearings and visiting congressmen, as well as tour historic and cultural sites in the nation's capital. Cost: \$300.

Employment Opportunities

Program Assistant Positions. Older 4-H members and alumni may live and work at the National 4-H Center. During the summer, college-age alumni help with the Citizenship-Washington Focus program. Other program support positions are available year-round on a 3-12 month basis. Duties include serving as field trip interpreters, helping to plan and conduct educational programs and assisting in the National 4-H Center and program operations. Applications should be made through the state 4-H office. For the summer program, applications are due at National 4-H Council by December 1 for the following year.



International Programs

International Four-H Youth Exchange (IFYE)

Representative Program is an in-depth experience for persons 19-25 years of age to spend two to six months living with host families in one of 30 countries on six continents. Delegates work with youth programs, improve their language skills or pursue special project interests. Fees are arranged through the state 4-H office. All or part may be paid by participants. Applications are accepted any time. Assignments begin in December.

International Youth Development Project (YDP) is designed for persons 20 years or older with leadership and youth development skills to spend 12 to 18 months in a developing country, helping youth program staff build and expand their programs similar to 4-H. Applications are accepted any time.

Agriculture Work Experience is a training program for young agriculturalists, who spend up to 12 months receiving on-the-job and in-service agricultural work experience in another country. Participants are assigned to farms where they specialize in a particular agricultural production area.

China Program. This four to six week experience in the People's Republic of China features bicycling the countryside and living and working on a commune. It is open to people 19-25 years of age.

International Extension 4-H Travel Seminars are designed for Extension staff and volunteer leaders to spend one to four weeks studying and observing youth development in one or two countries. Programs in 1984 are planned in Scandinavia on 4-H Programming for Extension staff; and in England on 4-H Volunteerism, for volunteer leaders.

Host Families. A unique opportunity exists for both rural and urban families to host a visitor from another country. The short-term visits of from two to four weeks involve IFYE exchangees and professional rural youth leaders.

Group Leadership. Adults experienced in working with youth and international travel serve as leaders for group programs. Participants must be in good health and have varying language capabilities.

National 4-H Council provides training and expenses.

Ideas to Help 4-H'ers Grow

- Organize a group visit to the state capital; meet with legislators, attend hearings and learn more about state government.
- Schedule a tour of the local police station.
- Get involved in local politics. Volunteer to work for a local congressman; organize a 4-H group for a "Get Out The Vote" campaign; invite a local politician to address a 4-H club meeting on a major issue affecting the community.
- Involve 4-H members in a mock election. Include petitions, registration drives, campaign speeches, public meetings, debates and the election itself.
- Study ways to recruit and retain older 4-H members. Launch a 4-H publicity campaign and include posters, radio and television spot announcements, demonstrations, newspaper articles and window displays.
- Arrange for a medical expert to teach a cardiopulmonary resuscitation course at a 4-H club meeting.
- Request a meeting with the city manager or members of the Board of Supervisors for an explanation of how the town or city is managed. Attend the Board of Supervisors or Town Council meeting when a discussion of Extension funding is planned.
- Help an immigrant study for U.S. citizenship. Attend the immigration ceremony, and later present a report of the experience, including reciting the citizen oath, at a 4-H club meeting.
- Visit the county courthouse to learn about the licensing procedures in your county or state, i.e., marriage, hunting, bicycle, liquor, building permits, environmental, zoning and others.
- Build a 4-H float for a local parade.
- Compile a status report on what your club is doing, including photos, news clippings, and any written materials you've developed. Send it to National 4-H Council so your report can be shared with appropriate national 4-H donors as a thank you for their support of the 4-H program.
- Organize a club meeting devoted to a discussion of parliamentary procedures and the election process.
- Participate in a different religious experience once a month, i.e., Catholic mass, Southern Baptist worship, Islamic, Jewish, American Indian, Unitarian, etc. Report on your experience at subsequent club meetings.
- Visit the local registrar to get information on voting registration procedures. Obtain the necessary forms and practice filling them out at a 4-H club meeting.
- Plan a citizenship awareness program where club members visit various local agencies and later report on how each agency is funded and governed and what services it provides.
- Have 4-H members set a goal and run for an office in the club, district, county or state 4-H, school or church group.
- To understand how the judicial system works, select a court case and follow the proceedings until a judgment is reached. Also ask a court official, i.e., judge, prosecutor, court clerk, to meet with club members and explain job responsibilities.
- Reconstruct the history of the community by searching county records, local libraries, cemetery records and

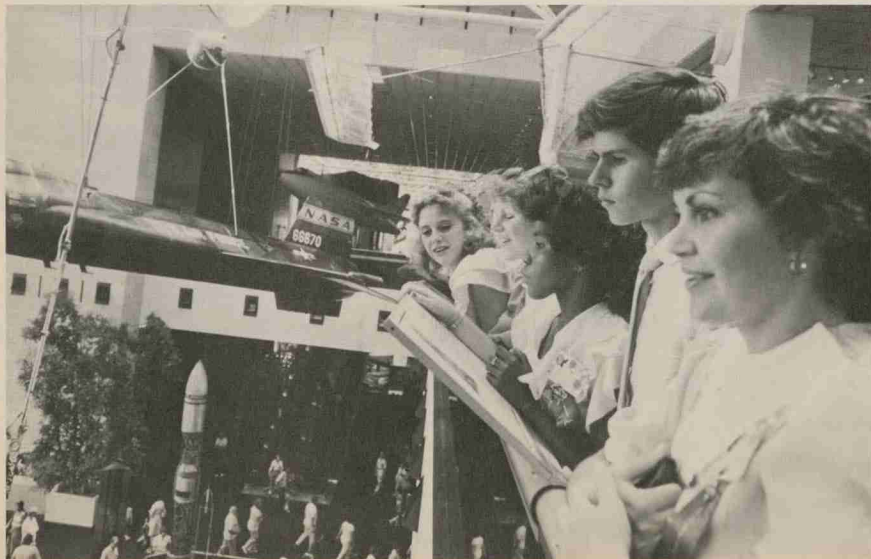


headstones, and by talking to older residents of the community. Then organize a guided tour of some of the historical highlights and accompanied by a narrative report on heritage appreciation.

- Get involved in fund raising by collecting money for local charitable or health organizations.
- Organize a fair committee whose responsibilities include helping to set up fairgrounds, manning booths and clean-up activities afterward.
- Organize a work crew for a city-wide trash clean up campaign, ridding roadways of unsightly rubbish. Or, involve 4-H members in a community-wide paper drive, collecting old newspapers for a recycling plant.
- Prepare educational pamphlets for children on a subject of interest, such as health, nutrition and fitness, proper care of animals, saving energy, etc.
- Organize a banquet to recognize 4-H teen and adult volunteers in your county. Have 4-H members moderate and present the program.
- Get 4-H'ers involved in programs with the elderly. Have them visit nursing homes; arrange parties at nursing homes during holidays; act as volunteers to do errands or minor household chores; or encourage an "Adopt a Grandparent" project.
- Conduct a workshop on alcohol and drug abuse awareness for teens. Invite speakers from local social service agencies and law enforcement personnel.
- Start a county newsletter for 4-H'ers and volunteer leaders. Have club members write, edit and produce the newsletter. Include information about upcoming events, projects and other 4-H experiences. Have extra copies to pass out in public shopping areas.
- Involve handicapped youth in 4-H activities. Start a horseback riding project; have members volunteer to work at a summer camp for deaf and/or blind youth; invite them to spend a day on a farm, with 4-H'ers acting as tour guides.
- Sponsor a poster contest in your community, relating the contest to a specific community concern to bring more public awareness to the issue.
- Sponsor a blood pressure screening in public shopping areas. Working in conjunction with the American Heart Association, pass out appropriate literature.
- Hold a 4-H Projects Demonstration Day.
- Have older 4-H members serve as counselors at county or

state 4-H camps. If your area does not have a county 4-H camp, take the leadership in establishing one.

- Get involved in a community service project, such as the Vial of Life program, landscaping the grounds of the public library, school or municipal building; planting trees for Arbor Day; or renovating a vacant schoolhouse into a community center for the elderly, teens, etc.
- Working through your local or state 4-H office, request a cultural exchange with another county or state, with an emphasis on farm/city experiences, or different cultural backgrounds.
- Organize a group to study the ethnic make up of the community. Have 4-H'ers make a presentation on the findings at a club meeting.
- Contact your state 4-H office and arrange for 4-H pen pals from other countries.
- Discover foods native to other cultures by eating at different ethnic restaurants, i.e., Mexican, Chinese, Greek, Dutch, Japanese/Vietnamese or African/Middle Eastern.
- Invite a foreign student (undergraduate or graduate) to address a 4-H club meeting.
- Attend dramatic, art and musical events put on by touring international groups.
- Have members trace their family trees to determine their cultural heritages.
- Conduct a tasting party, including foods from different cultures. Have members prepare a brief description of how each food is made.
- Make a display of clothing from different cultures or create a photographic collage showing differences.
- As a club project, begin a stamp or coin collection, using denominations from other countries.
- Conduct an international bazaar, including sale of foods and crafts from other lands.
- Stage a 4-H fashion show, using an international theme for the clothing designs.
- Visit a travel agency to obtain literature on tours to foreign countries. Or ask a travel agent to speak at an upcoming 4-H club meeting on the topic, "International Travel."
- Participate in folk singing or dancing and have 4-H'ers study the origins of folk dances and songs.
- Host international Four-H Youth Exchange representatives or delegates. Involve them in 4-H club activities and projects.



Educational Aids

Citizenship

4-H Citizenship series for ages nine to 19 includes seven workbook-type member manuals and a leader guide. Units one through four can be used in sequence by younger members, nine to 12. Units five through seven can be used in any sequence after completing the first four manuals.

S 4052 *Me, My Family & Friends* (Unit 1) 55c

S 4053 *My Neighborhood* (Unit 2) 28c

S 4054 *My Clubs & Groups* (Unit 3) 36c

S 4055 *My Community* (Unit 4) 45c

S 4056 *My Heritage* (Unit 5) 38c

S 4057 *My Government* (Unit 6) 42c

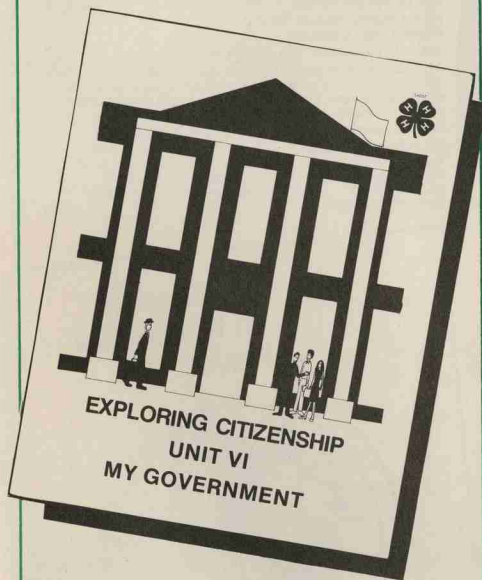
S 4058 *My World* (Unit 7) 30c

S 4059 *Leader Guide* 29c

DONOR SUPPORT: The Coca-Cola Company
SOURCE: The Colson Company

SI 045 *Citizenship-Washington Focus* slide set, \$20. Can be used as a promotional tool to encourage teens to take advantage of this summer experience at the National 4-H Center. It also can be used as a reporting tool when teens return home and share their Washington experiences with others. 80 color slides; 8 minutes.

SOURCE: Educational Aids, National 4-H Council

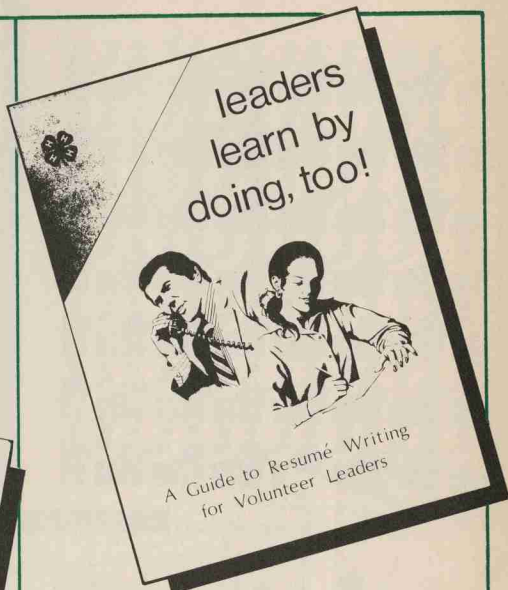


Leadership

LI 204 *Leaders Learn By Doing Too!* A Guide to Resume Writing for Volunteer Leaders, \$1. This guide highlights two kinds of resumes—conventional and functional. The functional type, used by many volunteer leaders, emphasizes the individual's past activities and knowledge, skills and abilities gained. Sample resumes and worksheets are included.

LI 402 *Volunteer Directory*, \$6. Includes information on literature and audiovisual resources available to volunteers and explores organizations that work with or provide resources to volunteers.

LI 403 *4-H Alumni: Techniques and Strategies for Identifying and Involving Alumni*, \$1.25. Provides a model for identifying and organizing alumni in promoting and expanding 4-H programs. Includes volunteer job categories, job descriptions, suggested tasks to be done and how to tips on everything from selecting and recruiting volunteers, to managing and retaining them.



LI 404 *'Together: A Leader/Agent Workbook for 4-H Programming to Include Youth With Disabilities*, \$1.24. A guide for professionals and volunteers interested in mainstreaming handicapped youth into the 4-H program. It offers project ideas and training suggestions for programming.

LI 106 *Speak Up: Young People* gives pointers in public speaking, speech preparation and giving reports. It is authored by Dorothy Emerson, consultant, Citizenship/Leadership Programs, National 4-H Council. 1-20 copies, 35c each; 21-99 copies, 32c each; 100 or more copies, 30c each.

LI 016 *You'll Be Surprised*, \$1.25. Documents the philosophy and teaching techniques of Dorothy Emerson, consultant, Citizenship/Leadership Programs, National 4-H Council. Also supports the 4-H citizenship and public speaking programs.

SOURCE: Educational Aids, National 4-H Council

Multi-Media Leader Training Tools

Designing 4-H With People. A multi-media leader training kit, including tips on designing learning experiences and programs with people, rather than for people. Includes aids for organizing ideas, expressing feelings, clarifying and identifying resources, making decisions, confronting issues, problem solving and many more.

ED 105 *Designing 4-H With People Resources Bank*, \$7. Ideal for the person conducting the training session.

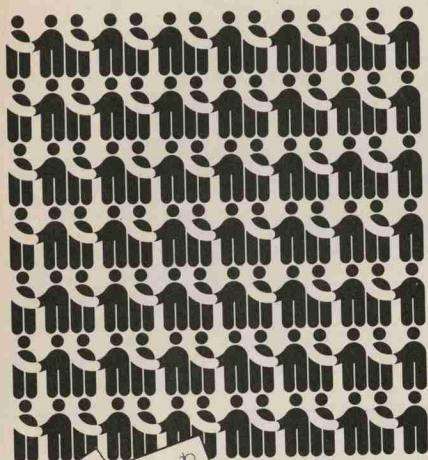
ED 106 *Designing 4-H With People Volunteer Packet*, \$2.30. Tailored to the volunteer when training sessions are facilitated by an advisor.

ED 107 *Designing 4-H With People Posters*, \$5. A series of eight colorful posters, 16½" x 21½" each, introduces the Designing 4-H With People process. Includes an illustrated script and audio cassette explaining the concepts shown in each poster.

LI 330 *Designing 4-H With People Vignettes* (25 at \$1.25 each). A unique teaching method. Printed materials portray a glimpse of a situation or part of a story and enables participants to expand or clarify the issue as they see it. Excellent way to facilitate self-expression, discussion and learning by discovery from one another. Also, excellent for addressing controversial issues.

Tales of 4-H Helpers. A series of six fun, easy-to-read, easy to relate to comic book format guides for leaders. The books are designed to spark an "Aha! Someone else feels that way!"

designing 4h with people



- LI 331 Tale 1 "What's 4-H?", 8c
 LI 332 Tale 2 "Who... Me?", 12c
 LI 333 Tale 3 "How Do You Know What They Need?", 17c
 LI 334 Tale 4 "They Don't Listen to Me!", 12c
 LI 335 Tale 5 "Can A Helper Ask For Help?", 12c
 LI 336 Tale 6 "I've Done All That!", 12c
 LI 337 The Nanimal Series, 25c. Designed for use by younger members with their families. Includes a coloring book with a moral story and a game for 4- to 6-year olds; an illustrated story for 4- to 8-year olds; and vignettes for ages 7 to 10.
 SL 027 Shadow Helpership slide set, \$9. Portrays effective helping skills; uses 17 slides, tape and script, 7½ minutes.
 SL 026 Willow in the Snow slide set, \$10. Portrays effective parenting skills; uses 32 slides, tape and script, 12 minutes.
 SL 025 Sharing Volunteer Leadership slide set, \$12. Depicts a "how to" volunteer management system; a good training tool for teaching organizational skills and people involvement; uses 46 slides, tape and script, 6½ minutes.
 SOURCE: Educational Aids, National 4-H Council
 BU 001 Designing 4-H With People Button (25 at \$2.25 each)
 SOURCE: Supply Service, National 4-H Council

ED 103 Incentives in 4-H, \$38. A multi-media notebook, designed to train volunteers to effectively use incentives in 4-H programming. Includes 10 facilitator handbooks, slides and cassette tape.

ED 102 4-H Volunteer Community multi-media kit, \$18. Built around a basic management framework, this kit contains ideas about how to develop and maintain an organized volunteer program. Includes printed pieces and cassette tapes.

ED 104 Conflict Management multi-media notebook, \$9. Provides a series of learning situations on resolving conflict. Designed to be used by groups of two or more.

SOURCE: Educational Aids, National 4-H Council

SL 043 Be A 4-H Volunteer slide set, \$25. An excellent tool for recruiting leaders. Shows different types of volunteers in action and the important roles they play in the 4-H program.

DONOR SUPPORT: Philip Morris Incorporated

SOURCE: Educational Aids, National 4-H Council

International

LI 104 World Map of 4-H and Similar Youth Education Programs, 60c. Graphically shows areas having 4-H and similar youth education programs. Two-color.

LI 007 Begin With a 4-H International Night, 20c. A "how to" guide for planning an international experience with 4-H members. Gives step-by-step procedures for planning the event, including the theme, program, foods, decorations, recreation and involving the local community.

Foods With An International Flavor, presents foods of other lands and introduces 4-H'ers to a country, its people, customs, agriculture and food production. Also provides nutrition information, recipes and menus.

FN 007 Member Manual, 74c

FN 008 Leader Guide, 33c

SOURCE: Educational Aids, National 4-H Council

4-H International Programs slide set gives you an overview of international programs arranged by National 4-H Council. 65 slides, script and cassette tape. 10 minutes. Free loan. Request three weeks in advance.

SOURCE: Communications Division, National 4-H Council.

SOURCE ADDRESSES:

The Colson Company
 4-H Service Dept.
 901 N. Main St.
 Paris, Illinois 61944

National 4-H Council
 7100 Connecticut Avenue
 Chevy Chase, Maryland 20815

Foods with an International Flavor



A 4-H Food-Nutrition Project
 Leaders' Guide

**SEE
“SAFETY
CHECK
YOUR
DRIVING”**



**The NEW
Audio-Visual Presentation
for People Who Drive**

Better Safe Than Sorry!



"You can't always tell if a tire is over or underinflated just by looking. So it is recommended that you check your tires with a good quality pencil-type tire gauge at least once a month, when the tires are cold. See your owner's manual for recommended pressures . . ."

Sound Advice

You wouldn't operate a new lawnmower, handtool or electronic device without first reading the safety instructions . . . would you? It's the same with your car!

A Well-Produced Program

Written by a nationally-known expert on traffic safety, this audio-visual presentation gives you advice and information that will increase your driving pleasure and lengthen the life of your vehicle.

By combining the audio-visual presentation with a discussion period—there's a "Leader's Guide" to help keep the discussion rolling—you have an interesting, informative program lasting from a half hour to an hour or more.

How To Get Your Group Involved With Safety

Here's the ideal way to encourage safety in your community and gain valuable information as well. And it's easy . . .

Contact Your Dealer and Borrow

SAFETY CHECK YOUR DRIVING

It's FREE!



Over 8,000 Programs Available Across The Country

Many people in many communities will benefit from this presentation. And it's a good-will gift from your local new car, truck or tire dealer!

All across the country, dealers have joined together to form the Dealers Safety and Mobility Council. Our mandate—produce programs giving practical answers to community traffic safety problems.

Make your group's next meeting instructive and productive. See your participating dealer today and ask to borrow this program. If your dealer is not a member of the Dealers Safety and Mobility Council, ask him to join.



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1776 Massachusetts Avenue, N.W.

Washington, D.C. 20036

202-857-1253

1984

NORTH CAROLINA 4-H CALENDAR OF EVENTS

- | | |
|-------------|--|
| January 4 | - Interviews for National Conference and Danforth |
| March 1 | - Applications for 4-H Development Fund, L. R. Harrill, Smith-Douglas Scholarships due. Send to Dalton R. Proctor, P.O. Box 5157, NCSU, Raleigh, NC 27650. |
| March 1 | - Submit to State 4-H Office
- Cumulative 4-H Records
- Honor Club Membership Applications
- Leader Recognition Nomination Forms |
| March 15 | - Traffic Safety Poster Contest due, A & T State University |
| March 19-23 | - 4-H Cumulative Record Judging, Raleigh |
| April 7-13 | - National 4-H Conference (Chevy Chase, MD) |
| April 14-15 | - State 4-H Council Meeting, Betsy-Jeff Penn |
| April 18-19 | - 4-H Curriculum Development Council Meeting |
| June 10-16 | - State 4-H Horse Camp, Millstone |
| June 17-23 | - State 4-H Horse Camp, Millstone |
| June 19-21 | - District 4-H Activity Days
19--Southeast District (Lenoir County)
20--Northeast District (Bertie County)
21--North Central (Orange County) |
| June 26-28 | - District 4-H Activity Days
26--Western District (McDowell County)
27--Southwest District (Mecklenburg)
28--Northwest District (Wilkes County) |
| July | - 4-H Electric Congress |
| July | - Executive Committee/Board Meeting
North Carolina Volunteer 4-H Leaders' Association |

July 8-13	- State Fur, Fish and Game Camp, Millstone
July 16	- State 4-H Horticultural Judging, Identification and Information Contest, NCSU
July 16	- 4-H Dairy Judging Finals, Raleigh
July 16-20	- North Carolina 4-H Congress, Raleigh
August 17-19	- State 4-H Council Meeting (for officers elected and installed at 1984 Congress), Betsy-Jeff Penn
September 4	- Submit Group, Club, and County Reports in Automotive, Conservation of Natural Resources, Health and Safety; Club Reports in Community Service and applications for nationally sponsored scholarships. Resubmit certain cumulative records for national competition.
	- Poster Art Exhibit, State 4-H Office
Oct. 1 - Nov. 15	- Submit Certificate Order Form to State 4-H Office
October	- Southern Region Leader Forum
November	- North Carolina Volunteer 4-H Leaders' Association Convention
Nov. 23 - Nov. 30	- National 4-H Congress, Chicago, Illinois
December 1	- Applications for National Conference due in State 4-H Office

Explanations to Answers

For 4-H Agents or Leaders Only

1. False. Based on a study made by the Highway Users Federation, one of the most common causes of accidents is driver error, and the most common error is failure to see and react to danger in time to avoid it. Less than 7% of the accidents in the United States happen because of mechanical failure.
2. False. While most roads are not designed for higher speeds, interstate-type highways are. The National Safety Council actually found freeways and interstates to be twice as safe as ordinary roads.
3. True. Unfortunately, 25% of all drivers will have an accident of some kind this year.
4. False. The number of alcoholic drivers is closer to eight million, plus an estimated 17 million social drinkers who imbibe more than they should before driving. In at least half of all U. S. auto accidents, one or both drivers had been drinking, according to the National Safety Council.
5. True. It's old hat by now, but too many people still refuse to buckle up. If everyone used seat belts, we could prevent at least 10,000 deaths a year. Unfortunately, many people won't be convinced until it's too late.
6. False. Most people underestimate how much emotion affects their driving. Good driving is a matter of emotions and attitudes. A medical study found that the belligerent person with a negative attitude is far more prone to fatal accidents than the calm person.

What's Your Safety IQ?

Answer the following true or false questions. Then rate your highway knowledge by checking the correct answers. (Be fair! Don't read the answers first!!)

- ___ 1. Most traffic accidents are caused by one or more of the vehicles involved.
- ___ 2. Higher speed on interstate-type highways make them more dangerous than other roads.
- ___ 3. One-fourth of the American drivers will have an accident this year.
- ___ 4. There are less than a million alcoholic drivers in our nation.
- ___ 5. If everyone regularly used seat belts or child restraints, 10,000 deaths a year could be prevented.
- ___ 6. Emotions are overrated as a factor in traffic crashes.

1983 NATIONAL WINNERS

Automotive	John Carnes	Union
Bread	Dana Rash	Iredell
Citizenship	Jeffrey Haines	Moore
Clothing	Beth Taylor	Hertford
Dairy Foods	Denise Hiatt	Cabarrus
Gardening	Frank Howey, Jr.	Union
Health	Susan Dosier	Alleghany
Photography	James Sides	Onslow
Plant and Soil Science	Peggy Sexton	Madison
Safety	Julie Hassenplug	Union
Veterinary Science	Peggy Kozik	Mecklenburg
Wood Science	Frank Herlant	Cabarrus


NATIONAL ALTERNATES (\$1,000 Scholarship)

Conservation of Natural Resources	5th Gordon Huneycutt	Stanly
Consumer Education	2nd April Adams	Graham
Forestry	2nd Ferre Diggs	Richmond
Horse	2nd Angela Saito	Mecklenburg
Leadership	2nd Bobbi Bryant	Edgecombe

SECTIONAL WINNER (Trip to National Congress)

Consumer Education	April Adams	Graham
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North Carolina Department of Administration



116 West Jones Street Raleigh 27611 (919) 733-7232

James B. Hunt, Jr., Governor

NEWS RELEASE

Contact: Barbara Oliver/Mary Jo Cashion
919-733-4391

Jane Smith Patterson, Secretary

November 7, 1983

For Immediate Release

YOUTH ADVISORY COUNCIL CHAIR PRAISES EDUCATION BOARD FOR APPROVING CONCEPT OF CREDIT TOWARD GRADUATION FOR VOLUNTEERISM

Shelby Shore of Yadkinville, chair of the State Youth Advisory Council, today commended the State Board of Education for approving the concept of credit toward high school graduation for structured student volunteerism.

The board's approval came Nov. 2 during its monthly meeting.

The proposal, presented to the board by Dr. Dudley E. Flood, associate state superintendent, N.C. Department of Public Instruction, was prompted by the Advisory Committee to Study Academic Credit for High School Volunteerism. The committee, which operated under the Youth Advisory Council, was appointed by Gov. Jim Hunt last year.

Gov. Hunt, a proponent of volunteerism and citizen involvement, has voiced his support for credit toward high school graduation for volunteer work.

"I can't think of one single thing in this state," Gov. Hunt said in his charge to the committee, "that might turn loose more of a burst of new and very good, positive, creative energy to improve the state than by getting young people involved in innovative service learning experiences."

High school volunteerism, also called service learning, is offered in nearly a third of the state's school systems, ranging from occasional and experimental opportunities to those programs that are well integrated into the curriculum.

The Advisory Committee to Study Academic Credit for High School Volunteerism, grew out of a youth-organized and youth-conducted hearing in March of 1982 which identified barriers and incentives to youth involvement in community affairs.

The hearing, which attracted the "testimony" of Gov. Hunt, State Superintendent of Public Instruction Craig Phillips and others, was coordinated by the N.C. Youth Involvement Office, now known as the Youth Advocacy and Involvement Office (YAIO).

YAIO in the N.C. Department of Administration and the Governor's Office of Citizen Affairs are helping local boards of education to implement service learning projects.

###

NOTE TO EDITOR: For details, call Pam Kohl, YAIO director, 919-733-9296.

Ladies and Gentlemen!
4-H'ers of all ages!
The 1983-84 State 4-H Project is



While most of you were still catching rays on the weekend of August 19-21, the 1983-84 State 4-H Council met at Betsy-Jeff Penn to decide on a new state project. After registering, the Council participated in a Get Acquainted Game, Played Murder One (a group cooperation activity), discussed the roles of the District Officers, and the State Council as a whole, and set goals for the upcoming year. Then the State Officers hosted a 102 lb. Banana Split Party. The ice cream, bananas, and toppings were dumped into an inflatable wading pool and everyone served themselves. Delicious!

Saturday morning the Council met to brainstorm on the state project. After coming up with over 30 possibilities, the officers combined, narrowed, and discussed the many different choices. Then, they voted on three favorites; family, environment, and health. Each district was assigned one of these and was asked to come up with ideas and activities relating to their topic. After a short break the meeting reconvened and Health was voted the 1983-84 State 4-H Project unanimously. The district officers should be commended for their systematic approach, respect for others, interminable enthusiasm, flexibility, efficiency, and ability to stay awake after minimal sleep. Saturday night, the Council kept the tradition and went out on the town. They went to Western Sizzlin' and then to see a movie. The Council again unanimously voted the movie the worst they'd ever see. Luckily, some district officers were more entertaining than the movie.

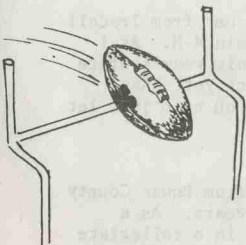
Sunday, we wrapped up the state project plans and even went on to brainstorm about 4-H Congress '84.

Since the retreat, your State Officers have met twice in Raleigh trying to organize the State Project. The officers have concentrated on a theme that was suggested at the retreat.

4-H and HEALTH: MIND, BODY AND SOUL!

We have planned activities around three health areas: Mental, Physical, and Environmental, each with a special focus on community service. The State Project has received support from Governor Jim Hunt and some organizations. If you'd like to know more, plan to attend the State Project Retreat scheduled for January or February.

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The 1983-84 State 4-H Council requests your honorable presence at the NC State vs. Appalachian State Homecoming Game at 1:00 p.m. We'd like it to be a homecoming for 4-H'ers as well. This is a 4-H football game which means the State 4-H Council makes one dollar for each 4-H ticket sold. Tickets are available at your county 4-H offices. We would like all 4-H'ers, young and no-so-young, to meet at 11:00 sharp in the McKimmon Center parking lot. Bring a picnic basket, a cooler, and a carload of 4-H'ers and come tailgate with us at Carter-Finley Stadium!

LET 'S GET ACQUAINTED !

Just thought you might want to know a little about your new 1983-84 State 4-H President. (Thanks again!)

I am a 19 year old, sophomore, biology/pre-med major at the University of North Carolina atGreensboro. (Thought I was going to say Chapel Hill, didn't you?) Go Spartans! 4-H has been the best thing to happen to me since petite size jeans. (I hate to hem.) I've had green blood for seven years now. My main projects are horse (which I'm going to National 4-H Congress in, not on, Yeah! Personal Appearance (haha), and Recreation and Leisure Education. Oh, and don't forget Leadership.

My extracurricular activities include: Elliot University Center Council Director of Minority Affairs, Pre-Med Society Publicity Chairperson, Collegiate 4-H Reporter, Intramural Flag Football and Soccer. My favorite color is purple. My favorite movie is Flashdance. I collect horse miniatures, sea shells, and unique matchbooks. My dream car is a 1984 metallic blue, convertible Mustang with a stereo cassette player. I like to make plays-on-words. (Guess you could say I'm a punny person). My pet peeve is with people who tell me to stand up when I am standing behind the podium. (At least I don't have a short temper).

I'm very optimistic about the 1983-84 State Project, Health. The State 4-H Council has been working hard planning and organizing what we hope to be the most successful and memorable project ever! Please get involved! (with the project)!

Now, since you probably know more about me than my own mother, write me if you have any questions, comments, complaints, and/or suggestions for the upcoming state project, retreat and Congress. Write me at either address and please enclose a stamped, self-addressed envelope. Just kidding, struggling college students love mail and I promise to write back too. (or call - not collect, now).

4-H'ly Yours,

Angela

I'm Rodney Mayo and I am serving as your State 4-H Council Vice President. I have high hopes for North Carolina 4-H in the coming year. The state officers are prepared to work extremely hard to serve 4-H this year. We feel that our Health project can reach all 4-H'ers and in turn, all of North Carolina. Your support of our activities will be greatly appreciated. You can help us make the best of 4-H programs better.

Rodney Mayo

Hi! I'm Philip McAuley your State Secretary-Treasurer. Being a 4-Her from Iredell County, and the Southwestern District I have enjoyed my past years in 4-H. As I enter my last year I look forward to the best year ever in 4-H. This year's State Project is Health and I'm sure we can make it the best State Project yet. As I said before I am your Secretary-Treasurer so if there is anything you need just let me know.

Hi! I am Traci White your State Council Reporter. Being a 4-Her from Rowan County in the Southwest District, I have been involved in 4-H actively 8 years. As a senior, my 4-H career is almost at a close. I plan to be involved in a collegiate club at my chosen college. Thank you all for your support and always remember that I am YOUR officer, thus, relay any wants to me.

COUNTY NEWS

STANLY They are planning a Favorite Foods Festival for Friday, October 28 at 8:30 a.m. at the Extension office. This emphasizes a healthy body through good nutrition and exercise.

ROWAN Held a Bike Hike on September 10 from 10:30 - 1:00 at Dan Nicolas Park in Salisbury.

BLADEN Bladen County's "Pack Your Bags with 4-H Summer Fun" was a summer fun program. There were 36 different classes, tours, programs and workshops offered to all youth. It was a huge success.

The 4-H Performing Arts Troupe will be presenting their production "4-H: An American Idea" in Bladen County on Sunday, November 20th at Bladen Technical College.

DUPLIN In Duplin County on August 13th, six clubs participated in the County 4-H Softball Tournament and fun day. The 4-H'ers participating in the Duplin County Fair, scheduled for October 3-8, will have three educational exhibits. They will be presenting demonstrations, and there will also be a talent show.

HOKE Hoke County planned a county campout for September 10-11. Approximately 75-80 people are signed up to attend. One Hoke county 4-H'er attended 4-H Citizenship Washington Focus in August.

JONES At the 1983 N. C. 4-H Electric Congress held in Murfreesboro, Jones County received an award for having the best 4-H electric program in all of the counties served by Carolina Power and Light Company.

More than 500 people attended the 4-H May Festival held in Jones County in the spring. WSFL radio station provided live coverage of the event. This event cleared more than \$2,500 for Jones County 4-H activities and programs.

Jones County 4-H'ers are busy preparing floats for club competition in the annual Pollocksville Fun Day parade.

LENOIR A 4-H Personal Appearance Day Camp was recently held in Lenoir County. One-hundred and fifty-five youth participated in classes on exercise, hair and skin care, makeup, and accessories.

Three 4-H'ers from Lenoir County attended the 4-H Washington Citizenship Focus Program and said it was a very enlightening experience.

Lenoir County had eleven participants in the Back-to-School Sewing Contest.

ONSLOW For the third year in a row, Onslow County youth have had the opportunity to participate in the Summer Avenues of Interest Program. This program includes Marine Science activities, clothing, crafts, puppetry, money management, and sailing. This year a total of 251 youth participated in all classes with 68% of these youth being new to the 4-H program.

WESTERN DISTRICT 4-H NEWS

The Western District 4-H Council Officers are excited about the new year in 4-H. The fall district meeting is scheduled for October 8th in Waynesville when plans will be made for the district's participation in the new state project. Counties will also plan the district fundraiser which will either be T-shirts or painter hats. With National 4-H Week on its way, 4-Hers throughout the district are busy getting ready for this big event.

The second annual Mini Resource Development Retreat will be held September 30 through October 2 at Swannanoa 4-H Camp. Designed for 10-13 year olds, the retreat will feature classes in forestry, wildlife, soil and water, minerals, and mountain heritage activities like buttermaking, beekeeping, and logging.

Another district-wide "big event" was the Leadership Conference held August 8 - 12 at Swannanoa 4-H Camp. Approximately 60 teens explored public speaking, money management, computers, aesthetics, and leadership.

NORTH CENTRAL DISTRICT

On September 10th the North Central District held a planning meeting at Crabtree Mall. We discussed different areas of the State Project.

Our main discussion was about our fall retreat. This will be on October 29-30. There will be several workshops with some dealing with the State Project. The Retreat will be at Presbyterian Point in Vance County. We plan to have a Costume Party and dance on Saturday night.

We also decided to purchase more district T-shirts.

SOUTHWESTERN DISTRICT

The Southwestern District Fall Day is planned for November 19 at 2:00 p.m. until 9:30 p.m. at the Cabarrus County Extension office. The workshops are focusing on the state project, Health. Later in the afternoon the group will go to Frank Liske Park for a cook-out and dance. The cost is \$3.00 per person.

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The first 1983-84 State Council Meeting was held August 19-21 at Betsy-Jeff Penn 4-H Center. Each district was represented and each had great new ideas. As usual the weekend consisted of the selection of the new state project, ideas for Congress, and fun and fellowship between the new officers. This year a new project was introduced during this weekend. Two representatives from each 100 counties were invited to learn more about their own county councils. Workshops included topics from program planning to parliamentary procedure. Many agreed that the weekend was a great help.



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CONGRESS '84

Believe it or not! Congress'84 is just around the corner. Many ideas and workshop topics were discussed along with the theme and new things to add. Mark your calendar early, because "1984 Is The Year for More."