

4-H IN OUR COMMUNITY

I pledge my HEAD to clearer thinking  
 my HEART to greater loyalty  
 my HANDS to larger service  
 and my HEALTH to better living for my  
 Club, my Community and my Country.

This is the pledge that every 4-H member recites before each meeting and it is from this pledge that we get the 4 H's.

The first 'H' is the symbol for the training of our Heads to think and to plan.

The second 'H' is the symbol standing for the training of our Hearts to be kind, sympathetic and loyal.

The third 'H' is the symbol standing for the training of our hands to be skilful, helpful and useful.

The fourth 'H' is the symbol standing for the importance of Health.

Our club - 'The Russell 4-H Agricultural Club' meets once every three weeks in either an available meeting room or at the home or farm of a 4 H'er. At these meetings we try to emphasize our motto - "Learn to Do by Doing".

Each member has his or her project to complete in our Club year, which begins on April 1st and ends on Aug. 7th at our Achievement Day.

Our club is basically a Calf Club so I'll describe what this project involves. On April 1st the member weighs a calf they have chosen. This calf is then taken care of by the member and the amount of feed, milk, water etc. is recorded at the end of each month. At the end of the feeding period the member is then able to tell how much the calf consumed and the amount of weight it gained.

The member must also train his or her calf to lead around a ring so that on Achievement Day he will be able to show the calf to the best of its ability.

Although we are mostly concerned with calf projects we also have Veterinary projects, Corn projects, Junior Leader projects and Sheep projects underway this year. If your boy or girl (Ages 12-19) is interested in any of these projects or any other project he desires, the 4-H club welcomes your inquiry.

4-H is not all work. 4-H is having fun. We go on a trip every year to see something of interest, e.g. Man and His World, Expo Ballgame, Roughrider game, Thousand Islands and many more.

There are also numerous exchanges to other counties or provinces; talent festivals and leadership conferences; Provincial and Canadian Awards and many other youth oriented activities are available to any 4-H'er who is deserving.

So you see 4-H is here. 4-H is available to every one of us and I believe that every child should know that he or she can join.

Why not make a point of coming to our Achievement Day on August 7th in the new Arena. See 4-H'ers in action and enjoy the different projects these kids have worked so hard to complete. See you there!

Barry Carscadden

BOY SCOUTS IN RUSSELL

The First Russell Troop Boy Scouts of Canada, have a busy month ahead in May. As well as a clean-up in McDougall Park and Centennial Park, the Scouts will be preparing for "Operation Alert" which is to be held at Fitzroy Harbour on the long weekend this month. Operation Alert is a training camp weekend that is designed to test the Scout's