

Character Counts Corner

Character focus for November- **Respect**

- ✿ Enjoy the differences among people-they make life interesting!
- ✿ Show respect for rules and laws by obeying them.
- ✿ Put on your best manners. Speak politely, help people, and choose kind words.
- ✿ Eat right, get plenty of sleep and exercise, learn healthy habits, and respect yourself.
- ✿ Care about plants and animals and the air and water that living things need.
- ✿ Treat property that belongs to you and other people carefully.

Nutrition Focus

Eat Enough . . . Not Too Much

When you don't eat enough, you may miss out on nutrients that you need for energy and for good health. Your body needs nutrients to grow strong and healthy. If you eat too much, you may get more food energy (calories) than you need to grow and move. This might result in weight gain also. The best solution is to eat enough, but not too much.

Try these tips to help you eat enough but not too much:

- Skip the urge to eat from a bag. Measure out one serving and put the rest away.
- Buy packages that contain just one serving.
- If you buy a big package, put small amounts into separate bags or containers. Eat just what is in one of the smaller bags.
- Slow down when eating so your stomach has time to talk to your brain. If you eat too fast, you may eat too much and get stuffed. Allow your stomach 20 minutes to let your brain know it is full.



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Visit our website at www.lsuagcenter.com/lasalle



The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. If you have a disability, which requires special assistance for your participation in any of the meetings or activities, please call the LaSalle Parish AgCenter Extension Office, at 992-2205.



LASALLE 4-H NEWS



November 2009

Visit our website at
www.lsuagcenter.com/lasalle

"Kitchen Magic" Workshop

Topic: Holiday Treats

Conducted by Kim Evans, Extension Agent

When: Monday, November 23, 2009

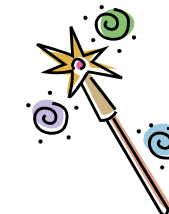
Time: 1-3 p.m.

Location: Extension Mtg. Room, LaSalle
Parish Courthouse

Cost: \$5.00



This workshop is limited to 15 participants.
Pre-registration is required by 11/19/09
Call 992-2205 to pre-register.



4-H Officer Training

Training sessions for President, Vice President,
Secretary/ Treasurer, and Reporter

Please make plans to attend if you hold one of these positions in your club.

Jena-Officer Training to be held on November 16, 2009 at 5:00 p.m. in the
Extension Meeting Room- LaSalle Parish Courthouse

Olla-Officer Training to be held on November 17, 2009 at 5:00 p.m. -
Olla Elementary School-Cafeteria

4-H Cookie Contest

Monday, December 7, 2009

Categories: *Drop Cookie *Rolled (cut-out) Cookie *Bar Cookie

Divisions: 4th Grade— 5th & 6th grade, --7th & 8th grade—9th -12th grade

- ☛ Enter 3 cookies from one of the categories listed
- ☛ Place cookies in zip-lock bag & bring to school on 12-7-09 (put name, grade & school name on bag) Also, bring a copy of the cookie recipe.
- ☛ Cookies **must not** be store bought or from ready made mix.



If you enjoy baking and competing in contests, you should enter this contest! You can bake them on Sunday and bring them to school on Monday.

Cookies will be picked up from all participating schools and brought to the 4-H office where judging will take place.

Winners will be announced in the January newsletter.

LaSalle Parish 4-H Calendar November & December 2009


November	
2	4-H Membership Closes
2	Pre-Registration due for Jena Bicycle Rodeo & Jena Pet Show
3	Jena Pet Show, 4:30 p.m. Goodpine Middle School
5	Jena Bicycle Rodeo & Safety Check, 4:30 p.m. Goodpine Middle School
7	Possession dates for Breeding Beef, Sheep, Goat, and Dairy for the LSU Spring Livestock Show
16	4-H Officer Training, Jena-5:00 p.m. Extension Meeting Room
17	4-H Officer Training, Olla-5:00 p.m. Olla Elementary School
19	Pre-Registration due for "Kitchen Magic" Workshop
23	"Kitchen Magic" Workshop- Extension Meeting Room, 1:00-3:00 p.m.
26-27	4-H Office Closed-Thanksgiving Holiday
30	Monthly Photography Contest begins-Photograph due in 4-H Office
December	
5	Possession date for breeding swine and market swine for the LSU Swine for the LSU Spring Livestock Show
7	Pre-registration due for First Aid Workshop
7	4-H Cookie Contest (see details in this newsletter)
10	"First Aid in Action" Workshop 4:30 p.m.
18	Photograph due in the 4-H Office (early deadline this month due to Christmas Holidays)
24-Jan.1	4-H Office Closed-Christmas & New Year Holidays

4-H Photography Contest

Divisions
I--4th-Grade II—5& 6th grades III—7th -8th grades
IV—9th-12th grades

Rules:

- ❖ Photograph must be a 3x5 or 4x6
- ❖ Target designated topic
- ❖ Delivered to 4-H Office (may be mailed or given to 4-H leader by due date). (12-18-09)
- ❖ Attach entry form to back of photo with clear tape (may be placed in envelope to protect picture)
- ❖ Do not mount photo on paper.



4-H Photography Contest Registration
December Theme: Holidays

Date: _____

Name _____

Division _____

School/Grade _____

Where picture was taken _____



Attn: 7th Graders

Plan now for the **2010 Challenge Camp**--March 11-13, 2010
Theme: "A Tropical Island Adventure"

This camp is limited to 10 participants per parish.
In addition to indoor and outdoor challenges, you will have the opportunity to help build boats and participate in a banquet.

Cost--\$60.00 Registration will be due in February. For more information, call 992-2205.

"First Aid in Action" Workshop

December 10, 2009 at 4:30 p.m.

Extension Meeting Room, LaSalle Parish Courthouse

Cost: \$3.00 Pre-Register by 12/7/09

- Youth practice first aid skills to treat cuts, scrapes, nosebleeds and bee stings
- Basic first aid tips
- Assemble a first aid kit
- Emergency numbers

