

## Character Counts Corner

Character focus for October: **Trustworthiness**

Being trustworthy means that people can count on you to do the things you say that you'll do.

- ✿ Be Honest.
- ✿ Don't deceive, cheat or steal.
- ✿ Be reliable-do what you say you will do.
- ✿ Have the courage to do the right thing.
- ✿ Build a good reputation.
- ✿ Be loyal-stand by your family, friends & country.

## Nutrition Focus



**Milk is your Power Drink!**

Milk is the perfect drink for your bones, because it gives you calcium and Vitamin D. Did you know that your body builds nearly half its bone between ages 11 and 19? Be sure to get enough calcium NOW to help your body make strong bones.

Some examples of milk products are: \*Yogurt \*Cheese \*Ice Cream

Fun Facts about Cows!

- The average cow produces enough milk each day to fill six 1-gallon jugs.
- The average cow drinks from 30-50 gallons of water each day-about a bathtub's worth.
- A cow has 4 stomachs and 32 teeth.

This newsletter is made available by  
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Visit our website

[http://www.lsuagcenter.com/en/our\\_offices/parishes/lasalle/](http://www.lsuagcenter.com/en/our_offices/parishes/lasalle/)

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## LASALLE 4-H NEWS



Visit our website at

[www.lsuagcenter.com/en/our\\_offices/parishes/Lasalle/](http://www.lsuagcenter.com/en/our_offices/parishes/Lasalle/)

October 2009

MEET THE FUTURE  
NATIONAL 4-H WEEK  
October 4-10, 2009



## National 4-H Week October 4-10 Theme: Meet the Future

Louisiana 4-H'ers will join others across the country in the celebration of National 4-H week. Each LaSalle Parish 4-H Club is encouraged to promote 4-H at your school during National 4-H Week.

Some suggestions for clubs may include:  
4-H banner or posters displayed at school—green/white day—pencil giveaways—teacher treats—intercom announcements about 4-H Activities  
The club with the most outstanding promotion will receive an award.



## "Picture Perfect" Photography Clinic

Tuesday, October 20, 2009

5:30 p.m. - 6:30 p.m.

- Camera Basics
- Cool picture taking angles
- Downloading pictures to your computer for editing
- Bring a few of your favorite snapshots for discussion

Kathy Robertson, Photographer will conduct this workshop

**Pre-Registration is required by 10/16/09 (call 992-2205 to pre-register)**

Due to rain, the Jena Pet Show and Bicycle Rodeo had to be re-scheduled.

Please note the new dates!

## Pet Show

**Olla-Thursday, October 8<sup>th</sup> at 4:30-Olla Fair Grounds**  
Call 992-2205 by 10/6/2009 to pre-register

**Jena-Tuesday, November 3<sup>rd</sup> at 4:30-Goodpine Middle School**  
Call 992-2205 by 11/2/2009 to pre-register



Open to youth grades 4-8.  
Competition will be in the following categories:  
Dogs, Cats, & Other Pets  
Pets must be controllable; either in arms, on a leash, or in a box or cage.  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>. place awards will be given.

## Bicycle Rodeo & Bicycle Safety Check

**Olla-Friday, October 9<sup>th</sup> at 4:30-Olla Fair Grounds**

Pre-Registration is required by 10/6/2009

**Jena-Thursday, November 5<sup>th</sup> at 4:30-Goodpine Middle School**

Pre-registration is required by 11/2/2009



Open to youth grades 4-8. Bring your own bicycle.  
Bicycle competition events include the Slow Ride, Witches Board, Teeter Board, & Zig Zag.  
A bicycle safety check will be conducted.  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>. place awards will be given.

## 4-H Photography Contest

### Divisions

I--4<sup>th</sup>-Grade II--5& 6<sup>th</sup> grades III--7<sup>th</sup> -8<sup>th</sup> grades  
IV--9<sup>th</sup>-12<sup>th</sup> 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). (11-30-09)
- ❖ 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*  
November Theme: Pets

Date: \_\_\_\_\_

Name \_\_\_\_\_

Division \_\_\_\_\_

School/Grade \_\_\_\_\_

Where picture was taken \_\_\_\_\_



## LaSalle Parish 4-H Calendar October-November 2009



October	
4-10	National 4-H Week Theme: "Meeting the Future"
6	Pre-Registration due for Olla Bicycle Rodeo & Olla Pet Show
8	Olla Pet Show, 4:30 p.m. Olla Fair Grounds
9	Olla Bicycle Rodeo & Bicycle Safety Check, 4:30 p.m. Olla Fair Grounds
16	Pre-Registration due for "Picture Perfect" Photography Clinic
20	"Picture Perfect" Photography Clinic, 5:30-Extension Meeting Room, LaSalle Parish Courthouse
22-Nov. 7	Louisiana State Fair, Shreveport, LA
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

## "Kitchen Magic" Workshop

**Topic:** Holiday Tricks and 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

Limited to 15 participants.

Pre-registration is required by 11/19/09

Call 992-2205 to pre-register.

