

Concordia 4-H

Concordia Parish 4-H
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"To Make the Best Better"

Visit our web site
www.lsuagcenter.com

(Click on parishes on the right side - then select Concordia)

Any adult interested in volunteering with 4-H contests and activities - give the 4-H Office a call at 336-7084.

We will place your name on file to assist with future 4-H events.

If you have a disability which requires special assistance for your participation in 4-H meetings or activities, please call Concordia Extension Office at 336-7084. Membership and participation in activities and events are open to all citizens without regard to race, color, national origin, gender, religion, age, veteran status, or disability.

The LSU AgCenter provides equal opportunities in programs and employment.

Your Character Counts! LaCharacter Lifestyles



-CARING-

Concern for Others-Be compassionate and empathetic; be kind, loving and considerate; be thankful, and express gratitude for what people do for you; forgive others for their shortcomings; don't be mean, cruel or insensitive.



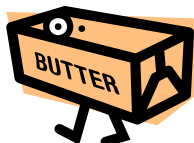
Caring

- ◆ Be kind.
- ◆ Be compassionate and show you care.
- ◆ Express gratitude.
- ◆ Forgive others.
- ◆ Help people in need.

FATS—GOOD OR BAD?

Fat is a nutrient found in food that gives us calories (energy). Some foods including most fruits and vegetables have almost no fat. Other foods have plenty of fat. They include nuts, oils, butter, and meats like beef.

The name "FAT" may make it sound like something you shouldn't eat, but fat is an important part of a healthy diet. Fat helps our bodies grow and work like they should. There are different types of fats, some of them good and some not-so-good. Choose to limit foods with saturated fat. Eating a lot of saturated fat increases the chance of heart disease. Saturated fats are solid at room temperature. Some examples are butter, stick margarine, and fat in meat. Eating too much of any fat - saturated or not can add up to too many calories which can cause you to gain weight. Choosing lean and low-fat foods can help you continue to maintain a healthy lifestyle!



4-H NEWS FLASH



Concordia 4-H

FEBRUARY, 2009

4-H News & Notes for Grades 4-6

4-H DATE LINE

February 2009

- 4-7 Northeast District Livestock Show, Delhi
- 9 4-H Shooting Sports—3:30 p.m. Sheriff's Firing Range, Hwy 15, Ferriday - \$5 Fee
- 12 Cookery Registration Deadline - Call 4-H Office—336-7084
- 16 Ground Beef, Seafood & Poultry Cookery Concordia Community Center, Hwy 15 Ferriday—Registration: 4:30 p.m.
- 14-15 State Food and Fitness Camp
- 14-21 LSU Jr. Livestock Show, Gonzales, LA
- 20 "Get the Picture"-Trick Photography" due
- 27 "Hoops and Clovers" 4-H Night (Hornets vs. Milwaukee)-New Orleans Arena—7:00 p.m.

March 2009

(Completed project books due)

- 19 Area Commodity Cookery (Alexandria)
- 20 "Get the Picture" -"Photo Story" — (3-4 pictures)
- 31 4-H project books due (4th-12)

April 2009

- 1 Horse Exhibitors' paperwork due in 4-H Office
- 15 4-H Camp Deposit due - \$50
- 24 Elementary 4-H Achievement Day (Monterey High School)

June 2009

- 3 4-H Day at the Capitol
- 29-July 3 4-H CAMP (4th - 6th graders) Camp Grant Walker Educational Center, Pollock, La.

July 2009

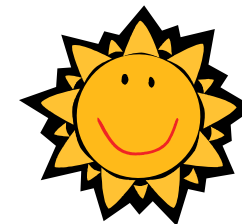
- 1-2 Northeast District Horse Show Ike Hamilton Expo, West Monroe
- 6-11 State Horse Show Ike Hamilton Expo, West Monroe

4-H Camp - Dates for 2009

The dates for our 2009 4-H Camp have been assigned and Concordia Parish will be going the week of June 29 - July 3, 2009.

The camp is for 4th-6th grade members who are 9-12 years of age. Cost will be \$120 per camper (includes meals, lodging, snacks/drinks, and bus transportation). A \$50 deposit will be due in the 4-H office by April 15th. No refunds can be issued after May 15th.

Limited spaces are given to each parish, so reserve your spot **NOW!** Call the 4-H office at 336-7084 for more information. We will also need a Mom and a Dad to serve as volunteers. Call for more information.



More Than You Ever Imagined!



**- Concordia 4-H Foods Festival –
Ground Beef, Seafood & Poultry Cookery Contests &
Ambassador Program**

Date: February 16, 2009
Place: Concordia Community Center, Highway 15, Ferriday
Time: Registration: 4:30 p.m.
Awards: Immediately following judging



A 4-Her may enter only one dish per contest - Ground Beef, Seafood or Poultry
 You **MUST** call the 4-H Office at 336-7084 by **February 12, 2009** to sign up and
 register your dish in the contest(s) and division - or for the Ambassador Talk Program.
 Check out our website at lsuagcenter.com or call the 4-H office for more information on
 the rules for each contest.



Shooting Sports

The Concordia Parish Shooting Sports Program will hold its 3rd meeting on **February 9th** at the Concordia Sheriff's Firing Range on Hwy 15 beginning at **3:30p.m.** Everyone, (4th-12th grades), is invited to participate. We will have a short educational activity and then move to the range for shooting-BB guns, Pellet guns, 22 Rifles, and

Shotgun (20 Gauge).

Those attending for the 1st time need to have an adult fill out a release form before you will be allowed to shoot on the range. Registration will be from 3:30-4:00 with the program getting underway at 4:00. We will conclude around 5:00p.m. There is a cost of **\$5** per student to participate each time. Hope you will be able to join us on February 9th!

4-H Livestock Exhibitors

The Northeast District Livestock Show will be held February 4-7, 2009 in Delhi and the LSU AgCenter Livestock Show will held in Gonzales February 14-21, 2009.

The following students will be representing Concordia 4-H at these shows.

Beef- Reagan Tiffée, Hunter Randall, Derek Moreland, Connor Moreland, Kristin Russell; **Sheep-** Jake Winston; **Broilers-** Tazman Stampley, Destiny Billiot, Gabriel Holeran, Ian Black, Sydni Black, and Angela LaPraire. Best of luck to all of our livestock exhibitors at the upcoming shows!

HORSE SHOWS!

The dates for district and state horse shows have been scheduled and are as follows: Northeast District Horse Show, July 1-2, 2009 at the Ike Hamilton Expo Center in West Monroe. The State Horse Show will be held at the same facility and is scheduled for July 6-11, 2009.



All exhibitors must have had possession of their horses by April 1, 2009. Also, all paper work must have been completed including grade horse certificates, registration papers and documentation statements for ownership by April 1, 2009. Horse Show entry forms will not be due until a later date. Contact the 4-H office for additional information.



**4th-6th "Get The Picture"
"Action" Winners!**

- 1st-Kade Passman, Mont 6th
- 2nd-Kierstin Pecanty, Mont 4
- 3rd-Megan Coco, Mont 4th
- Blue-Gracyn Nelson, VJH 6th;
- Brittany Stanley, VUE 4th

**4th-6th "Get The Picture"
"Sporting Event" Winners!**

- 1st—Brittany Stanley, VUE 4th
- 2nd—Megan Coco, Mont 4th
- 3rd—Gracyn Nelson, VJH 6th



"Get the Picture" Contest

Complete and attach the entry form below to the back of your picture with clear tape and turn in to your 4-H Leader or the 4-H Office by the due date. The category for February is "Trick" Photography.

Due date is February 20th.

4-H Photography Contest: February—Trick Photography

Date Due: February 20th Grade: _____

Name: _____ School: _____

Division: (Circle one): 4th-6th 7th-8th 9th - 12th