

Concordia 4-H

Concordia Parish 4-H
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Vidalia LA 71373

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- Concordia 4-H Agents -

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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 .

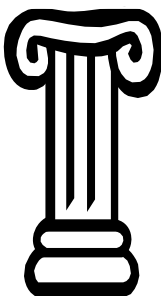
We will place your name on file to assist with future 4-H events.

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.

Your Character Counts!

L A Character Lifestyles RESPONSIBILITY-

ACCOUNTABILITY



- ◇ Accept responsibility for the consequences of your choices
- ◇ Think about consequences for yourself/others before you act.
- ◇ Do what you can to make things better.
- ◇ Set a good example.
- ◇ Don't look the other way when you can make a difference.
- ◇ Don't make excuses or blame others.
- ◇ Accept responsibility for not only what you do, but what you don't do.

SNACK TIME !

Snacks should be like mini meals that provide nutrients and food energy to help you grow, play and learn. Smart snacks can help you eat and drink enough during the day.

Here are some tips to help you snack smart.

* Keep food group snacks handy—for example, raw vegetables, fruit juice, milk, cheese, yogurt, bread, peanut butter, and hard-cooked eggs.

* Let snacks fill in the gaps—if you miss juice for breakfast try fruit or 100% juice for a snack.

* Time snacks carefully—Try to snack two to three hours before meals so you will still be hungry for lunch or supper. * Have snacks to satisfy hunger—Skip the urge to snack just because you are bored. Have a snack only if you are really hungry.

Watch out for snack with added sugars. Go for milk, 100% juice or water as snack drinks. Soft drinks and fruit drinks can crowd out foods you need to grow and stay healthy. Make food group foods your usual snacks and only have candy occasionally. Try fruit, raw vegetables, graham crackers, string cheese, cheese & crackers, a bagel with peanut butter or frozen yogurt.



4-H NEWS FLASH



Concordia 4-H

MARCH, 2009

4-H News & Notes for Grades 4-6

4-H DATE LINE

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 grades) Officer folders & Club Photographer Scrapbooks Due

April 2009

- 1 Horse Exhibitors' paperwork due in 4-H Office (Ownership/possession)
- 10 4-H Office Closed (Easter)
- 15 4-H Camp Deposit due - \$50
- 24 Elementary 4-H Achievement Day (Monterey High School)

May 2009

- 1 Deadline—registration to attend 4-H Day at the Capitol (call 4-H Office)

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
- 3 4-H Office Closed (July 4th holiday)
- 6-11 State Horse Show
- Ike Hamilton Expo, West Monroe

Elementary (Grades 4-6) 4-H Achievement Day— April 24th at Monterey School

4-H'ers must complete a certain portion of their project book to be eligible to attend 4-H Achievement Day and turn in to their 4-H Club Leader by **MARCH 31ST!**

4-H'ers Name and Club must be on the front of the project book. Check the first few pages of the project book for guidelines as each book is different. To qualify for Achievement Day, 4-H'ers must complete the minimum number of activities as stated in the guidelines. Club Photographer Scrapbooks and Officer Folders are also due at this time.

A list of 4-H'ers eligible to attend Achievement Day will be given to 4-H Leaders by April 20th, following completion of project book judging.

All clubs need a short song or yell about 4-H limited to no more than 2 minutes for 4-H Achievement Day.

Each club may have 1 talent act to represent their club. There can be no more than 5 4-H'ers if it is a group talent. The deadline for turning in a talent form is **April 22!** Talent will be for entertainment only—no judging.

Activities for the morning will include 4-H'ers participating in rotational sessions and will continue for 1 1/2—2hours. Talent Show & Awards program will be after lunch.



More Than You Ever
Imagined!





Shooting Sports

The Concordia Parish Shooting Sports Program will hold its 4th event on **March 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 **March 9th!**

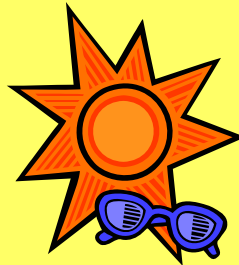
4-H SUMMER CAMP— June 29-July 3, 2009

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! For a 4-H Camp Application, you may either: Contact your 4-H Club Leader at school; or call the 4-H Office at 336-7084; or complete the form below and mail to the 4-H Office. *(We will also need a Mom and a Dad to serve as volunteers)*



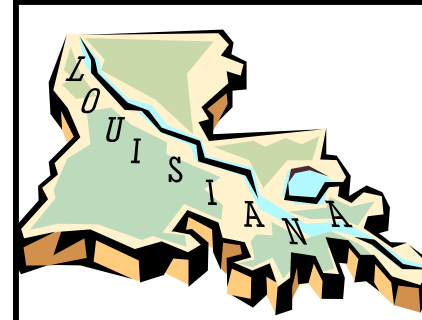
4-H CAMP APPLICATION REQUEST:

4-H'ers NAME: _____

SCHOOL: _____ GRADE: _____ DATE OF BIRTH: _____

MAILING ADDRESS: _____

MAIL TO: 4-H CAMP, 405 CARTER STREET, 3RD FLOOR, VIDALIA, LA 71373



4-H Day at the Capitol !

The Eighth Annual 4-H Day at the Capitol is scheduled for Wednesday, **June 3rd**. Make plans to attend and be greeted by your legislators at 10:00 a.m. on the steps of the Capitol. You must provide your own transportation.

The program will end at approximately 10:30 a.m., so while there, tour the State Capitol Building and/or the Old State Capitol Building. **Call the 4-H Office at**

336-7084 before May 1st to register if you plan to attend.

Note: While in Baton Rouge, you may want to visit the LSU campus to see the new "Mike the Tiger" and visit the Dairy Store for some great ice cream — or visit the Baton Rouge Zoo.

4-H 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 and paper work regarding ownership is due in the 4-H Office by April 1st.



Contest results are posted on Concordia's web site: www.lsuagcenter.com
(Select: *parishes, Concordia, 4-H*)



"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 March is Photo Story (3-4 pictures). **Due date is March 20th.**

4-H Photography Contest:

March—Photo Story (3-4 pictures)

Date Due: March 20th

Grade: _____

Name: _____ School: _____

Division: (Circle one): 4th-6th

7th-8th

9th - 12th