

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.

Your Character Counts!

- TRUSTWORTHINESS -



LOYALTY -

Be a good friend; look out for those who care about you; keep secrets of those who trust you; don't betray a trust; don't let your friends hurt themselves; don't do anything that is wrong, even for a friend or just so others will like you; don't ask a friend to do anything wrong or spread rumors and gossip that could hurt others.

HONESTY -

Tell the truth, the whole truth and nothing but the truth; be sincere; be forthright and candid; don't lie, cheat, steal, or be sneaky, tricky or deceptive.

RELIABILITY (Promise-Keeping)

Keep your promises; honor your word and commitments; be dependable; do what you are supposed to do; return what you borrow; pay your debts; be on time.

FRUITS AND VEGETABLES!!

We hear our parents and teachers telling us to eat our fruits and vegetables. But why are they important? First, fruits and vegetables are full of vitamins and minerals, but they also have other things in them that are good for us. Things like fiber and carbohydrates that help keep our bodies looking and feeling great. Think you don't like them? We don't have to like every fruit or vegetable, but it is important that we eat a variety of them.



One easy way to make sure you are getting a variety is to look at the color. Fruits and vegetables can be divided into red, orange/yellow, blue/purple white, and of course, green. Not one fruit or vegetable can possibly contain all the nutrients we need, so eating from all "color" groups is important. This month there are many different types of fruits and vegetables that are in season.

Make a plan to try a new fruit or vegetable this month. You may just find a new favorite!

Fruit Pizza

- 1 English muffin
- 2 tablespoons fat-free strawberry cream cheese
- 1/4 cup strawberries, sliced
- 1/4 cup red grapes
- 1/4 cup canned mandarin oranges, drained

Slice the English muffin in half; toast it until it is golden brown. Spread cream cheese on toasted muffin. Arrange strawberries, grapes and orange slices on top of the cream cheese.



The LSU AgCenter provides equal opportunities in programs and employment.

4-H NEWS FLASH



Concordia 4-H

NOVEMBER 2008

4-H News & Notes for Grades 4-6

4-H DATE LINE

NOVEMBER 2008

- 7 Broiler chick orders & fees due
- 20 \$2 Registration fee due for 4-H Project Party
- 21 "Get the Picture" Contest Entries Due (Sporting Event)
- 24 Shooting Sports Event Sheriff's Shooting Range Hwy. 15, Ferriday—3:00 p.m.
- 25 4-H Project Party (4th-6th grades) Old Courthouse, Vidalia - 10:00-Noon
- 27-28 4-H Office Closed—Thanksgiving

DECEMBER 2008

- 5 Christmas Ornaments Due
- 15 Agriculture 4-H Photography Contest Entries Due
- 15 "Get the Picture" Contest (Action Picture)
- 24- 4-H Office Closed— Holidays

JANUARY 2009

- 2 4-H Office Opens
- 7 LA 4-H CAN Fight Hunger (Campaign Deadline -report weight of collected food to 4-H Office)
- 16- 17 Ag Expo
- 23 "Get the Picture" Contest (Your Choice)
- 23 "Hoops and Clovers" 4-H Ticket Orders Due—Hornets Game (\$22/ticket—must have own transportation)

FEBRUARY 2009

- 4-7 Northeast District Livestock Show, Delhi
- 14-21 LSU Jr. Livestock Show, Gonzales, LA
- 27 "Hoops and Clovers" 4-H Night (Hornets vs. Milwaukee)-New Orleans Arena—7:00 p.m.

CHRISTMAS ORNAMENT CONTEST



Want to show off your talents into the Christmas Spirit? Well, here is your chance to make a hanging Christmas tree ornament to add to Christmas trees at selected locations throughout Concordia Parish. The Categories will be ornaments made of: 1. Paper or Foam 2. Other (Glass, Ceramic, Wood, Plastic, etc.)

4-H'er may purchase a plain/basic item and decorate. We will award the top 3 ornaments in each category listed above. All ornaments must have a ribbon attached for hanging on a tree. Make sure to include your name, grade, and school/club.

A 4-H'er may enter one (1) ornament in each category. Ornaments must be made and/or decorated by the 4-H'er. Turn all ornaments in to your leader by December 5th. Hope you will show your Christmas spirit by making a Christmas ornament!



4-H SHOOTING SPORTS EVENT

The Concordia 4-H Shooting Sports Program will hold its 1st meeting on **November 24th** at the Concordia Parish Sheriff's Shooting Range on Hwy. 15, beginning at 3:00 p.m. 4-H'ers will be given an overview of the Shooting Sports Program, participate in a short educational program, and shoot a BB gun, pellet gun, rifle (22), and shotgun (20 gauge) on the range. Cost for this event will be \$5 per student. Any student 4th-12th grade is eligible to participate.





Louisiana State 4-H Fashion Camp 2009

Looking for something to do the weekend of January 24-25, 2009 ?? Then, maybe "A Passion for Fashion" is the answer!



The State Fashion Board will be hosting the 2009 State 4-H Fashion Camp at Grant Walker 4-H Education Center. The camp schedule kicks off on Saturday, January 24, at 9:30 a.m. and concludes at 11:00 a.m. on Sunday, January 25. Campers will be busy, day and night, with an exciting agenda. We can send two 4-H campers (10-13 years old) and one adult leader (project leader, junior leader, parent, grandparent, aunt, uncle, etc.) for camp. For more information, please call Ms. Ada at 336-7084.

4-H PROJECT PARTY!

Come join the fun Tuesday, November 25 at the Old Courthouse in Vidalia from 10:00—Noon and

Learn some fun things such as Making a pinecone bird feeder; How to sew on a button . . . And some Surprise Items!

There will be a series of 6-8 workshops that will be "hands on" and each 4-H'er will make and take home something in most workshops.

To sign up, send in \$2.00 to the 4-H Office by Thursday, November 20th.

4-H Fun Day Winners !

Fifty-five 4th–12th grade youth participated in the 4-H Fun Day activities. Results (4th-6th grades) are as follows - **PET SHOW (4th-6th Grades):** **SMALL DOGS:** Best Small Dog: 1st - Brittany Stanley, V4; Best Groomed - 1st: Brit-



tany Stanley; Purple: Heather Baker, M4; Blue: Mary Kayla Barnes, M4; Blake Sanders, V4; Wyatt Jones, V4; Landon Alexander, V4; Friendliest - 1st: Gracyn Nelson, V6; Purple: Heather Baker; Madison Johnston, V4; Blue: Mary Kayla Barnes; Blake Sanders; Wyatt Jones; Landon Alexander; Brittany Stanley; Kenzie Kunkle. **Most 4-H Spirited** - Blue: Blake Sanders; Brittany Stanley; **Owner Look Alike** - 1st: Mary Kayla Barnes; Blue: Blake Sanders; **Tricks** - Blue: Mary Kayla Sanders; Gracyn Nelson; **Best Dressed** - Purple: Mary Kayla Barnes; Brittany Stanley; Blue: Blake Sanders; Landon Alexander.

LARGE DOGS: Best Large Dog: 1st - Jadah Scroggins, M6; Best Groomed - 1st: Leah Havard, V4; Purple: Matthew Womack, M4; Blue: Harleigh Walker, M4; J.R. Gonzales, V4; Cassandra Gonzales, V6; Lyndsey Evans, M5. **Friendliest** - 1st - Jadah Scroggins; Purple: J.R. Gonzales; Blue: Matthew Womack; Harleigh Walker; Leah Havard; Cassandra Gonzales; **Owner Look Alike** - Purple: Harleigh Walker; Blue: J.R. Gonzales; **Tricks** - Blue: Harleigh Walker; Cassandra Gonzales; Jadah Scroggins; **Best Dressed** - 1st: Lyndsey Evans; Blue: Leah Havard. **BEST OVERALL DOG:** Brittany Stanley

SHORT HAIR CATS: Best Short Hair Cat: 1st - Arden Tiffée, V4; Best Groomed - 1st: Arden Tiffée; Blue: Kendrick Kunkle, V6; Tatum Turner, V5; **Friendliest** - 1st: Tatum Turner; Blue: Kendrick Kunkle; Arden Tiffée; **Cutest** - 1st: Kendrick Kunkle; Blue: Tatum Turner; Arden Tiffée; **Best Dressed** - 1st: Tatum Turner. **BEST OVERALL CAT:** Arden Tiffée

OTHER SMALL PETS: **Most Unusual** - 1st - Zachary Nelson, V3; Blue: David Vines, V6; Zach Emfinger, V4; Devin Alexander, V4; Megan Coco, M4, Dori Parks, M4; **Best Groomed** - Blue: David Vines, Zach Emfinger, Zachary Nelson; **Friendliest** - 1st: Zach Emfinger; Blue: David Vines, Megan Coco; Dori Parks; **Most 4-H Spirited** - 1st: David Vines; Blue: Zach Emfinger; Devin Alexander; Zachary Nelson; Megan Coco; Dori Parks; **BEST OVERALL OTHER SMALL PET:** David Vines



BICYCLE RODEO- (4th-6th)-1st- Kevin Smith(V4);2nd-Keshawn Thomas(RC 4th);3rd-Kenzie Kunkle(VJH 6th): Purple - Scott Bonnette (V4);Blue-Kade Passman (M6); Antione Taylor(V4);Wyatt Jones (V4);Kendrick Kunkle (VJH 6th);Jadah Scroggins (M6); Kaitlyn James (V4);Willie Davis (V5);Zachary Emfinger (V4);Dori Parks (M4);J R Gonzalez (V4); **Speed Event:** 1st- Antione Taylor (V4); 3rd- Scott Bonnette ; Purple- Kevin Smith; Blue- Keshawn Thomas, Jadah Scroggins, J. R. Gonzalez, and Willie Davis; **Stunts and Tricks**- 2nd- Scott Bonnette ; Purple- Willie Davis ; Keshawn Thomas, and Antione Taylor.

CHICK-N-QUE-Jr. Division (4th-6th)-1st-Kaitlyn James (V4); 2nd-Kade Passman (M6); 3rd- Arden Tiffée (V4);

Special "thank you" to the following Junior Leaders for assisting with these activities: Joanie Ames, Rebecca Cavin, De Whitely, Kayleigh Jowers, Ellen Bairnsfather, Guylan Britt, Rea Grimmett, Jack Aaron Tiffée, Barry Williams, Blake Stanley, Sessions Vestal, Ashley Coco



AGRICULTURE 4-H PHOTOGRAPHY CONTEST - 2008-09



Entries are due in the parish 4-H office (Extension Office) no later than December 15, 2008 to compete. **Rules and Regulations:**

- ◀ All pictures must relate to Agriculture; ▶ Open to all 4 -H youth 4th-12th grades.
- ◀ Divisions will include: 4th-6th & 7th-12th; ▶ Entries cannot be duplicated.
- ◀ Picture must be taken by individual listed on entry label. ▶ Ink jet prints acceptable
- ◀ Entry label must include name, parish, grade, and category. ▶ Photograph entered must have been taken during 2008.
- ◀ All entries must be 8" x 10" (color or black/white). (No other size pictures will be accepted);
- ◀ All 8"x 10" pictures must be mounted on a 10" x 12" thin art/mount board this will allow a 1" border.(Please-no foam core board)
- ◀ Each photograph must include a one-line title mounted on thin art/mounted board below picture.
- ◀ You are limited to enter only one picture in each of the categories that are listed below
- ◀ Winning photographs will be displayed during Ag Expo -January 16-17, 2009
- ◀ All photographs will be returned to parish extension offices by Feb.15, 2009.

Photography Contest Categories: - Farm Animals - Horticulture/Plants/Crops - Any Other Agriculture

"LOUISIANA CAN FIGHT HUNGER" Campaign

4-H Clubs from throughout the parish can participate in the "Louisiana CAN Fight Hunger" Campaign by collecting cans of food. It is each individual club's option as to who the food will be given to. It can be given to a needy family in your community or to a food bank.

We will need each club to provide us with the weight of the food collected so this can be given to the State 4-H Campaign. This campaign will continue until January 9th, 2009. A special THANK YOU for reaching out to those in need in our communities and parish!



SPORTS EXTRAVAGANZA WINNERS!

Small Posters: 1st-Caleb Gillespie (Hunt, Jr.); 2nd-Kade Passman (Mont. 6th); 3rd-Ashley Dyer (VHS); **Large Posters:** 1st-Zebb Higgs (VUE5th); 2nd; 2nd-Jania Burns(VUE4th); 3rd -Ashley Coco (MJH) (See insert for other placings)

"Get the Picture" Contest

Each month 4-H'ers will have the opportunity to enter one picture in the category for that month. The picture must be submitted by the due date and must have been taken by the 4-H'er (you must have taken the picture yourself) within the past year. Photos must be 3 1/2 " x 5" or 4" x 6" (your choice). Printed pictures from digital cameras will also be accepted. Divisions will be: 4th-6th; 7th-8th; 9th-12th. Photos will be displayed at various locations in Concordia Parish. DO NOT mount the photos.



Complete and attach the entry form below to the back of the picture with clear tape and turn in to your 4-H Leader or the 4-H Office by the due date. Monthly categories are: December-Action Picture; January-Your Choice (Be Creative); February-Trick Photography; March-Photo Story (3-4 Pictures). The December category is "Action" and the DUE DATE IS DECEMBER 15th.

4-H Photography Contest: December — Action

Date Due: December 15th Grade: _____

Name: _____ School: _____

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