

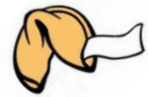


Winn Clover Patch



CONFUCIUS SAYS

4-H is Worth a Fortune



October 2009

Sept. 28-Oct 3	Winn Parish Fair	Fairgrounds
4-10	National 4-H Week	
13	Outdoor Skills – 3:30	Sheriff's Range
15-16	Survivor Camp	Gum Springs
18-24	National Character Week	
20	Pet Club Meeting – 6:00	Courthouse Downstairs
23	ALL 4-H Enrollment Cards & Dues turned in to	4-H Office
20-Nov. 8	Louisiana State Fair	Shreveport
24	State Fair 4-H Talent Show	Shreveport
24	State Fair 4-H Quiz Bowls (Nutrition, Livestock, Poultry	


November 2009

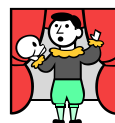
4-6	Ag Magic at the State Fair	Shreveport
10	Outdoor Skills – 3:30	Sheriff's Range
17	Pet Club Meeting – 6:00	Courthouse Downstairs
26-27	Thanksgiving Holiday – 4-H Office Closed	

CONFUCIUS SAYS! "Weather or Not, Be Prepared" for severe weather conditions, if you live in Louisiana. Hurricanes, tornadoes, floods, thunderstorms, lightning, ice storms, strong winds and extreme heat are all examples of severe weather which we commonly experience in Louisiana. If you are unprepared, severe weather can trigger emergency situations and cause damage to property, buildings and may even result in loss of life. There are some safety tips on how to react in the face of these weather challenges. You can take RESPONSIBILITY for protecting yourself and your loved ones:

- ❖ **Stay Informed** through TV and radio
- ❖ **Stay Alert** by observing current weather conditions
- ❖ Take Cover when necessary
- ❖ **Use Good Judgment** when you approach flooded areas – "Turn around, Don't drown."
- ❖ **Seek Help** and call 9-1-1 during severe weather emergencies
- ❖ **Help Others** – especially the elderly


 **Fortune Focus on Good Character**
"When you speak honestly and openly, others truly listen to you." (Remember that Character Counts!)

 **NOTE THIS-** All club leaders must turn in 4-H Enrollment Cards and dues to the parish 4-H office by **October 23**. Make check payable to Winn 4-H Foundation.



Show off you 4-H Talent. Enter the State Fair 4-H Talent Show, which will be held October 24 at the fair. The State Fair website is www.statefairoflouisiana.com lists all the rules.

When you log onto the website, click on Competitive Exhibits, then scroll down to "Special" and choose "Talent Show" for all the details. Information on the quiz bowls can be accessed here also. Contact Mrs. Becky by **October 8 if you want to enter.**

 **Farewell Thoughts from Ms. Becky**
 In November 1997, I accepted the job as Winn Parish FCS/4-H agent. I can't believe how fast the years go by, but after 12 years with the LSU AgCenter, I am retiring from this position on November 13. Next month will be my last time to meet with the 4-H clubs. It has been a very rewarding job for me, for I have learned so much and developed many friendships with both youth and adults. I have strived to be an educator, an advisor, an encourager and a friend through the many activities that I have planned and conducted. I am proud of the Winn Parish 4-H program and the many accomplishments of the 4-H youth in our parish. I say "thank you" to all the youth, parents, teachers, school administrators, community volunteers and Mrs. Barbara and Mr. Donny for supporting my efforts. Best wishes for continued success! Noted American publisher of the Washington Post, Katharine Graham said, "To love what you do and feel that it matters --- how could anything be more fun?"
IT'S BEEN FUN YA'LL!



OUTDOOR SKILLS – 4-H members who have registered and paid fees- there will be a meeting **OCTOBER 13** at 3:30 at the Winn Parish Sheriff's range. The meeting will cover rifle and archery. Parents are strongly urged to attend. Welcome to new instructors Ernie Pombo, Joe Collins and Mike Sanders. Parents thanks for stepping up and taking a leadership role in the 4-H Outdoor Skills program.



4-H Pet Club will hold their monthly meeting on October 20 at 6:00 pm in the Winn Parish downstairs meeting room in the Courthouse. The meeting will be a membership drive and ice cream social. For more information contact Mrs. Rae McManus at 646-5596.



Winn 4-H Environmental Educational Complex Winn Parish 4-H is getting a great addition to it parish program with the construction of the new 4-H Educational complex on Hwy.

34. This complex will have a pavilion, four ranges, walking trails, a greenhouse, pond and restrooms. This complex will be for 4-H youth and adults of the parish to use. Possible programs that will be addressed are outdoor skills, conservation of natural resources, horticulture, wetlands, forestry, wildlife, nutrition/ diet health, livestock and pet care/handling. This educational facility will be a first for the state and a great addition that will strengthen our 4-H/ANR/FCS programs. This facility will be located on 34 acres and will be manned by local volunteers, trained outdoor skill and range certified volunteers. For more information concerning this project, contact Mr. Donny Moon or Brad Barton at 628-4528.



2009 Louisiana State Fair – October 20- November 8. All 4-H and FFA members must have current health papers on any sheep, goat, swine, beef or dairy animal they will be showing at the State Fair. It is the

exhibitor/parents responsibility to have the health papers drawn up.



LSU and Southern Livestock Entry Dates and Possession Dates: LSU possession dates for Beef Breeding-November 1 and Market Swine- December 1. **Entries** for the **LSU 2010** show are **DUE** in the 4-H office by

DECEMBER 4. There will be Yearling Classes at LSU. **Southern** possession dates: **Steer – October 1. Beef, Sheep and Goats – November 30; Swine- December 15; 2010 Southern Show** entries are **DUE** in 4-H office by **December 4.**



True or False Test you fruit and veggie IQ

- 1. Eating fruits and vegetables everyday as part of a healthy diet can help you fight disease. T F**
- 2. Most people do not eat enough fruits and vegetables for good health. T F**
- 3. Green Vegetables are the most nutritious T F**

- 4. Fresh, frozen, canned and dried varieties of fruits and vegetables all count toward your daily recommendation. T F**
- 5. Fruits and vegetables can play a role in weight management. T F**
- 6. Fruits and vegetables are always more expensive than other foods. T F**
- 7. Preparing fruits and vegetables always takes too much time. T F**

To check your answers, go online to October Newsletter at the following link:
http://www.lsuagcenter.com/en/our_offices/parishes/Winn/Features/4-H/Newsletters/index.htm

Fruit Pizza

- 1 English muffin
 - 2 tablespoons fat-free strawberry cream cheese
 - ¼ cup strawberries, sliced
 - ¼ cup red grapes
 - ¼ cup canned mandarin oranges, drained
- Slice the English muffin in half and 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.

Becky Kelley, Extension/4-H Agent
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Donny Moon, County Agent
Winn Parish Extension Office
wmoon@agcenter.lsu.edu

If you have a disability which requires special assistance for your participation in any of the announced meetings or any questions, please do not hesitate to call the office at 628-4528. All 4-H programs are open to students regardless of race, color, creed, sex, religion, national origin or handicap.

The Winn 4-H Newsletter can be accessed online by copying and pasting the following web address:
http://www.lsuagcenter.com/en/our_offices/parishes/Winn/Features/4-H/Newsletters/index.htm

Character Counts!sm is a service mark of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics.