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4-H Youth Programs

**Winn Parish
2009 Family and Consumer Sciences
Advisory Council Minutes**

On January 20, 2009 the Winn Parish Family and Consumer Sciences 2009 Advisory council met and discussed program planning for Winn Parish. The following members were present: Brenda Etheridge, Gwen Peters, Carolyn Phillips, Candace Tarver and Linda Wells. Members absent were: Sherry Berry, Kathy Brewton, Autumn Henderson, Joyce McElroy, Annie Rachel and Shameka Swafford. After signing in refreshments were served and Extension Agent, Becky Kelley began the meeting. She welcomed them and extended her appreciation for their willingness to serve on the advisory council and share their ideas and suggestions for programming ideas and needs of the Winn Parish clients. Members introduced themselves and the agency or group they were representing. Becky stated that this is a partnership and we are able to accomplish much more working together with other agencies and people.

Becky stated that the LSU AgCenter mission is educating people; helping them to improve their lives so their quality of life is better. There are three main initiatives FCS agents focus programming on. They are nutrition and health, family development and family resource management. Becky told the group that each one present was involved in one or more these initiatives. The homemaker's organization is involved in family development and leadership. In working with the school personnel, nutrition and parenting programs are focuses and in teaching child care providers, those who keep children in their homes, she teaches child care development education to improve their quality of care of these children. Becky stated that she also works with the probation officer in holding classes for probationers, who have children, so that they can better relate to their children when they go back into their homes. Becky told the group that the FNP nutrition educator we had in Winn has quit and another one will not be hired so this will have some effect on nutrition education given to various groups.

One of the big programming areas this year, as a state agency, AgCenter dealt with the two hurricanes. This did not impact our part of the state as much as some areas but we did have some hurricane evacuees in our area and Becky took educational materials and shared some thing with them.

We had a "100 Year Celebration" for Carolyn Phillips to honor her, as she was one of the inductees into the 4-H Hall of Fame. The 4-H Museum was scheduled to open in December but it has not opened yet. The museum is located in Mansura and should be a great way for people to see what 4-H has done and is doing to teach the youth of our state.

Becky told the group if they had suggestions that related specifically to the area they work in this would help her in determining her programming, as the purpose of this advisory meeting was for them to assist her in targeting areas she needs to focus on to better serve the people of Winn Parish



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Carolyn Phillips stated that she didn't know what the rate was here but nationwide there is a great concern about childhood obesity and that this is really a problem. She stated that fast foods are a killer both health-wise and on the pocketbook. She said she really didn't know how to address it but it certainly is a big problem. Becky stated that one thing, in collaboration with the schools, we have participated in "Body Walk" and materials have been distributed to the schools. We are trying to teach the children to be more selective and eat a well-rounded diet from all food groups and watch portions. Carolyn suggested that she didn't know that at this young age maybe a fitness club could be started. She suggested a fitness club or challenge that might spark the youth's interest in better eating, exercise and health habits. Becky stated that maybe something could be done among the clubs, a challenge, pounds lost, food groups they record that they have eaten or how many miles walked as a club. Carolyn suggested that maybe they could get someone to donate some pedometers so the youth could track miles walked. Obesity has been and continues to be a problem and is causing many health problems, which impacts economics, as well. Becky stated that we have some great state specialists who work with the Pennington Research Center and they are doing a lot of research study about obesity. Mrs. Peters, from Winn Head Start School, stated that they try to encourage the children to just "taste" "try vegetables." Brenda Etheridge, Winnfield Intermediate School parent facilitator, stated that exercise is one of the neglected criteria's both at home and schools.

Becky stated that now with the condition of our economy the money issues are even greater the people of the parish need to be educated on money management, spending and saving. Some of this is done through our 4-H programs and we do have a program called "The High School Financial Planning Program" that the high schools in the parish have access to and teach it through the home economic or civic classes. Becky stated she does try to do some lessons on money management during the year. There are so many people who have lost their jobs that maybe we could get a mailing list and mail or take the literature to specific companies on budgeting, paying down debt and using credit wisely to assist them with their financial difficulties.

Becky thanked the group for their time and contributions to help her in her programming and she told them that if later they had any suggestions after they had talked with others, on these issues or any other, just give her a call.

A picture was taken of the group.

Minutes transcribed by Barbara Marshall