

4-H Youth Development

Joe P. Bairnsfather, Extension Agent (4-H)

Ada Palermo, Extension Agent (4-H)



◆ The 2008-2009 Concordia 4-H Club year focus is “Communication”. Lessons have been taught each month to over 750

youth about different ways of communicating. Programs have included-verbal and non-verbal communication, extemporaneous speaking, how to give a demonstration, and communicating through team building activities.

◆ Eighty-seven youth were trained in their job responsibilities as 2008-2009 4-H club officers for their school clubs. Agents discussed individual officer responsibilities followed by participation of all officers in a mock 4-H club meeting. 4-H Junior Leaders assisted 4-H agents in conducting these workshops.

◆ Fifteen youth have currently enrolled in the newly established “4-H Shooting Sports” Program. The event is being held monthly at the Concordia Sheriff’s Firing Range in Ferriday. Youth, ages (9-19) view a short educational program and then a move to the firing range for BB Gun, Pellet Gun, 22 Rifle, and Shotgun (20 gauge) shooting. There are seven (7) instructors that have been trained to conduct this program.



- ◆ Fifty-five youth participated in 4-H Fun Day activities in October. 4-Hers paraded their prize pets in the Pet Show, exhibited bike riding skills in the Bicycle Rodeo, and show cased their bar-b-que skills in the Chick-N-Que contest. This day was a true family affair with parents, siblings, and grandparents in attendance.
- ◆ The “Louisiana CAN Fight Hunger” Campaign took place in Concordia 4-H Clubs during the months of October-December. Over 1800 lbs. of food and \$110.00 were collected and donated to the various food banks in the parish. 4-Hers learned the importance of helping the less fortunate.

Family & Consumer Sciences

Ashley Powell, Extension Agent (FCS)



◆ During the summer movie program at the Arcade Theater in Ferriday, FCS agent, Ashley Powell, had the opportunity to provide educational information to a total of 140 children and youth and 45 adults. 59 children (grades 1-3) and 21 adults

participated in programs promoting healthy snacks and learning about food groups. 81 children and youth (grades 4-6) participated in a hands-on demonstration of portion control and exercising; they also learned how to utilize MyPyramid to make proper food choices. 24 Adults learned the usefulness of exercise and controlling the amount of food given to their children.

◆ Twenty-three home health care professionals attended 2 trainings offered by LSU AgCenter. The topic for one in-service was “Master of Memory-Am I Losing My Mind”; this program addressed issues regarding memory loss and the aging brain. “Nutrition for the Ages” was the theme for the second program. FCS Agent, Ashley Powell, discussed the need to continue a healthy diet as we get older.

◆ Nutrition Jeopardy became part of a class at Louisiana Technical College for 31 nursing students. The students answered nutrition questions and had an entertaining time while preparing for an exam.

◆ FCS Agent, Ashley Powell, had the opportunity to be a special guest of the Concordia Parish Library during the Summer Reading Program. 6 programs were taught with a total of 51 children/youth and 19 adults participating. 43 children and 17 adults learned the proper techniques of hand washing using fake “germs” and a special view box. The “germs” glow when viewed through the box. Fighting Fat using MyPyramid was the theme for 8 youth and 2 adult attendees. The youth participated in a hands-on demonstration of the amount of fat in fast foods. All of the participants stated they would make wiser, low fat choices when choosing fast food.

◆ Beginning in July, a monthly nutrition brochure has been utilized by the Angel Food program in Monterey. The brochure contains helpful, healthy tips for daily living and is given to every person picking up a food basket.

◆ Nine participants attended and completed *Children In The Middle* programs. This program is designed to assist parents going through a divorce. These classes are offered free of charge by the LSU AgCenter. Participants learn new communication skills to minimize stressful situations for their children caused by their divorce or separation.

Faculty and Staff

AGRICULTURE

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4-H YOUTH DEVELOPMENT

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Visit Our Web Sites At:
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Agriculture & Natural Resources (ANR)

Glen Daniels, County Agent

- ◆ Rice Verification –Noble Guedon
- ◆ Cotton fungicide test-Angelina Farm
- ◆ Cotton-Insect Demo (Plant bug control)
- ◆ Harvested cotton variety trials-zero grade-Angelina Farm
- ◆ Harvested 360 acres soy bean demo plot (Group IV and V)-Angelina Farm
- ◆ Harvested soy bean demo-wheat followed by soybeans to determine which groups farmers should plant to obtain highest yield, Group IV, V, VI, & VII were planted on Angelina Farm
- ◆ Planted wheat variety test-Angelina Farm
- ◆ Planning meeting for Leading Louisiana-Leadership Development Program
- ◆ Surveyed parish to assess damage to crops from Hurricane Gustav
- ◆ Local and parish farmers (260) attended disaster meeting with Commissioner of Agriculture, Mike Strain



**LSU
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**Concordia Parish
Cooperative Extension
Service**

***Program Highlights*
4-H
Agriculture
Family & Consumer Sciences**

2008 Bi-Annual Report

July-December