

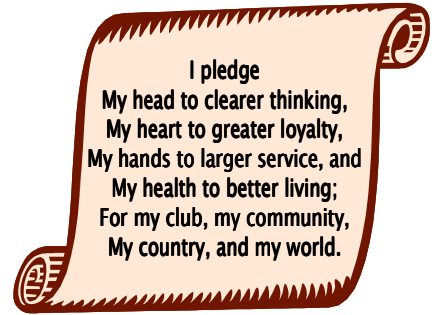


4-H Unlimited

A newsletter for 4-H Members, Parents, Leaders, & the Community

Calendar

October 2008



- Oct 5-11..... National 4-H Week
- Oct 10.....State Fair Exhibits Due at Parish 4-H Office
- Oct 27.....Parish advisory meeting
- Oct 28.....Last Day for Sweet Potato Orders
- Nov 6.....Parish foundation meeting
- Nov 21 Scavenger Hunt Items Due at Parish 4-H Office
- Nov 24.....Funtastic Pet Show
- Nov 25.....Bread making Workshop
- Dec 12..... Livestock Show Posters Due at 4-H Office

In this Issue.....

CLUB OFFICER ELECTIONS.

If you are interested in running for the office of President, Vice-President, Secretary/Treasure, Reporter, or Community Service Chairman, ask for an Officer Declaration Form.

NATIONAL 4-H CLUB WEEK, October 5-11



4-H clubs are encouraged to plan activities during this week such as "Green & White Day", decorate the cafeteria with 4-H clovers, & represent 4-H in Homecoming Parades.

STATE FAIR EXHIBITS.

4-H'ers are invited to exhibit project work at the 2008 Louisiana State Fair in Shreveport. Exhibits include Arts & Crafts, Clothing, and Forestry. Home Accessories and Photography. Exhibits are due at the 4-H Office **October 10**. For more info, ask for the form on Louisiana State Fair Exhibits.

LIVESTOCK EXHIBITS & Poster Contest.

4-H'ers desiring to raise animals for Shows must contact Mr. Ken for info & assistance. Possession dates are: Sept. 25 for market goats, market lambs, commercial heifers going to LSU; Nov. 1 for lambs, beef, goats, fancy chickens & dairy going to LSU; November 30 for lambs, beef, goats, & dairy going to Southern University; one month before a show for rabbits; Dec. 1 for pigs going to LSU; Dec. 15 for pigs going to Southern University;



November 8 for ordering Broiler Chicks. Parish Show is held in late January; LSU District, in early Feb.; LSU State, in mid-Feb.; & Southern Univ. in early March. To help promote the East & West Feliciana Jr. Livestock Show, 4-H'ers are asked to draw a poster. Cash prizes will be awarded and the overall winning poster (s) will be printed used to promote the Show all over the Felicianas. The following items must be on the poster: Feliciana 4H Mini Farm & Livestock Show; a 4H Clover; & the date, time, & location in the bottom right-hand corner (date and time will be provided in the near future).

Sweet Potatoes Fundraiser.

The parish 4-H Foundation will be taking orders for 40 pound boxes of sweet potatoes ready for pickup before the Thanksgiving Holidays. The price per box will be \$16. Pre-paid orders can be placed at the 4-H Office at Idlewild Experiment Station, with the 4-H Agents, Foundation Members, and other adults working with the 4-H Program through October 31. For more info, phone the 4-H Office.



Parish Advisory Meeting, October 27, 6pm, Clinton Fire Dept.

This meeting is open to all parents, volunteers, and youth members wishing to express thoughts, concerns, & ideas on the 4-H Program.

Parish Foundation Annual Meeting, Nov. 6, 6:30 pm, Clinton Fire Dept. Parents & other interested adults are

invited to join as *voting members* of the 4-H Foundation and attend this annual meeting. Fundraisers and use of funds for activities & events will be discussed. Phone the 4-H Office at 225-683-3101 for information on how to join before Nov. 6.

Win \$100.00 for the East Feliciana Parish 4-H Foundation in the Louisiana 4-H Centennial Scavenger Hunt.



You and your Club and Parish Adult Leaders & Volunteers are encouraged to participate in a *4-H Centennial Scavenger Hunt* sponsored by the Louisiana 4-H Foundation. The Hunt will take place through **Nov. 21**. The collected items will be used as exhibits in the Louisiana 4-H Museum. Cash prizes of \$100.00 will be awarded by December 31, 2008 to parishes whose residents submit the best entries in the categories listed below. Multiple entries will be accepted for multiple categories. Items can be loaned or donated to the museum.

SCAVENGER HUNT CATEGORIES:



- Most unique item bearing the 4-H emblem AND a parish name
- Oldest item bearing the 4-H emblem
- Oldest 4-H Record Book or 4-H scrapbook
- Oldest 4-H project bulletin
- Photo of 4-H'ers in the act of "learning by doing"
- Photo of 4-H'ers in the act of running a 4-H meeting

Cont'd on reverse



- Photo of 4-H'ers actively engaged in a service project
- Photo of 4-H'er doing a demonstration
- Photo of 4-H'er doing public speaking
- Oldest trophy, medal, or certificate
- 4-H "uniforms" worn in the past
- 4-H award trip photo of youth having fun and/or learning
- 4-H award trip memorabilia
- Short Course photo of 4-H'ers
- 4-H University photo of 4-H'ers
- Camp Jesse Harrison photos and memorabilia
- Other camp photos and memorabilia
- Old 4-H demonstration materials, any topic



Funtastic Pet Show, Nov. 24, 9:30 am, Grace Health & Rehab Center. Have fun exhibiting your pet and visiting the residents of Grace. Pets will be judged in Best Trained, Best Dressed, Cutest, Most Unusual, and other classes. Prizes and refreshments will be available. Friendly Pets Only. Four legged pets must be on a leash or other restraint or held. So that we may plan for refreshments, please phone the 4-H Office **by Nov. 21** and let us know you will participate. You can record this Pet Show as a community service activity.

4-H Regional Rabbit Show Lafourche Parish Fair Grounds, November 24,

This show will be open to all 4-H rabbit exhibitors statewide. Rabbit grooming and handling clinic will be conducted before the Show. Contact Mr. Ken for more info.



JR. LEADERS WANTED. All 8th-12th grade members are

invited to become Jr. (Teen Leaders). Phone the 4-H Office at 683-3101 for more info.

Breadmaking Workshop, Nov. 25 4-H Office (Idlewild Res. Station) 1:30 pm-3:30 pm.



Learn to make homemade bread, just in time for your family's Thanksgiving meal. Attendance will be limited to twenty, so let us know if you plan to attend by phoning the 4-H Office, 683-3101. A \$4 fee will be collected at the Workshop.

Shooting Sports Field Day.

All 4-H and other youth, ages 9-19, are invited to this Field Day, an introduction to safety in the areas of Archery, Shotgun, and Air/BB Rifle. Meals and equipment will be provided. For more info, on date and location, phone the 4-H Office at 683-3101. Participation will be limited

Service Learning Ideas

Pop the Top & Give Up the Tab! You can help collect coke tabs that will benefit Ronald McDonald House Charities, an organization that provides a free place to live and other accommodations for cancer patients and their families while at the hospital. Place a Tab Collection Bottle at your school or in the community or bring tabs to the next 4-H Meeting. For more info, phone the 4-H Office.

Used Cell Phone Collection. Place a specially-designed collection box in teacher's lounge, school office, or store in the community.



Others. Nursing home visits and greeting cards to residents; cleanup campaigns; magazine and used eyeglass drives; guest speakers from community; Blood Drive volunteering; clean-up campaign; Tree Plantings.



!!DID YOU KNOW!!

It's that time of year again, pumpkin time! Look all around you may see them in your neighbor's yard, at the store, at the fruit stand, and even on the kitchen table. The name pumpkin originated from the Greek word "large melon." Pumpkins are a vegetable that belong in the orange group. They give us lots of vitamins and minerals such as, beta-carotene, fiber, potassium, vitamin C, folate, and iron. They also give us antioxidants that our body needs to fight off illnesses. Below is a healthy pumpkin recipe for you to try for the holidays. Enjoy!!!

Pumpkin Smoothie

In a blender, puree
 -1/2 cup canned pumpkin
 - 3/4 cup milk or vanilla yogurt
 -1/4 tsp. cinnamon,
 -1/8 tsp. nutmeg
 -2 tsp. brown sugar
 -4 ice cubes until smooth
 Pour into small cups. (This is a very rich-tasting treat!). For an extra fun touch, garnish each drink with a dollop of whipped cream or cool whip, and a few orange sprinkles. This will make 2-4 servings.

Remember: Get an adult to supervise as you make this recipe!

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A State Partner in the Cooperative Extension System

The LSU Agricultural Center is a state wide campus of the LSU System and provides equal opportunities in programs and employment. Louisiana State University and A & M College, Louisiana parish governing bodies, Southern University, and United States Department of Agriculture cooperating.