



# The Union Clover



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A Union Parish 4-H Newsletter  
October 2007

## Holiday Ceramics Workshop!

Learn how to stain, glaze and under-glaze ceramics while creating holiday decorations for your home. Donna Akin of Marion will teach a ceramic workshop October 11 @ 4:00 p.m. at the Extension Office.

Class size is limited to 10, so call and sign-up.  
Cost of the class is \$5.00.  
You will make three different items: a pumpkin dish with lid, a Santa boot, and you will design your own personal plate. Call and sign-up!



## State Fair BB Gun Contest

November 3 @ 1:00 p.m.



1. The contest is open to all youth 9 – 18 years of age.
2. The contest is open to the world.
3. Youth wanting to compete must pre-register and submit a \$5.00 registration fee to:

Joe Barrett  
P.O. Box 370  
Benton, LA 71006

4. Divisions will be determined by the age the day of the contest.
5. The order of fire will be 4 shots standing, 4 shots prone, 4 shots sitting, and 4 shots kneeling.
6. Targets and ammunition will be provided.
7. Targets will be NRAAR4/10 fired at 5 meters.
8. Guns WILL BE provided.
9. Slings may be used in all positions with exception of standing. No telescopic sights may be used. Iron sites only.
10. External modifications may be limited to rear sights only. No internal modifications may be made. Total weight limit may not exceed six pounds.
11. Once fire has begun, there will be no firing off range for safety reasons.

### AWARDS

The top three shooters in each division will be recognized. 75% of the entry fees will be jackpotted back with an additional \$75.00 per division added money to be divided among the top 3 shooters.



## State Fair Exhibits

Exhibits may be entered Oct. 21 or Oct. 22

Would you like to win ribbons, maybe a little money? If you would, check out the State Fair of Louisiana web site to see what you can enter.

[www.statefairoflouisiana.com](http://www.statefairoflouisiana.com)



Some of the categories include:

Paintings	drawings	pen & ink drawings
Birdhouse,	jewelry	mosaics
scrap-booking	woodcrafts	embroidery
appliqué	cross-stitch	latch hook
holiday deco.	desk accessories	door decorations
storage aides	bulletin boards,	Photograph
Leaf collection	apron	other garments

Check out the web site and enter.

1<sup>st</sup> place - \$5.00; 2<sup>nd</sup> place - \$3.00; 3<sup>rd</sup> place - \$2.00

## State Fair Nutrition Quiz Bowl

Oct. 27

1. A team will consist of a minimum of three (3) members with a maximum of five (5) members. There will be one division for all ages.
2. Teams will compete in head to head matches.
3. Matches will last until one team reaches 200 points, ten minutes or both. The contest will be set up in a tournament style format single elimination.
4. Questions for the Quiz Bowl will come from 4H project books and other references specified for study by Extension Nutrition Specialists.
5. Teams must be registered via email to Karen Martin by **October 12, 2007.**

### AWARDS

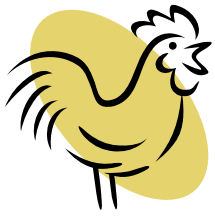
State winning team receives a team trophy plus \$75. Team members receive individual trophies. Second place winning team receives a team trophy and \$25. Team members receive ribbons. Third place receives a team trophy and individual ribbons.

If you are interested in forming a team - contact the 4-H office. and Mrs. Carol will give you study material.



# State Fair

## October 25 - November 11



## State Fair Poultry Opportunities

### Poultry Quiz Bowl – Sunday, October 28 @ 10:30 am

1. A team will consist of a minimum of two (2) members with a maximum of four (4) members. There will be one division for all ages.
2. Teams will compete in head to head matches.
3. Matches will last until one team reaches 200 points or ten minutes or both. The contest will be set up in a tournament style format – single elimination.
4. Questions for the Quiz Bowl will come from selected material from the National 4-H Avian Bowl Manual. Contact Dr. Theresia Lavergne for a copy of the study materials (225-578-2219 or [TLavergne@agcenter.lsu.edu](mailto:TLavergne@agcenter.lsu.edu)) or you can contact Mrs. Carol and she will get them for you.
5. Teams must be registered at the Poultry Barn.

#### **Awards:**

State winning team receives a Team Trophy plus \$100 award. Winning team members will receive individual awards. Second and third place teams will receive team awards and individual awards.

### Poultry Poster Contest – Sat., Oct. 27 @ 4:00 pm

**Awards:** \$20 \$15 \$10

**DIVISIONS:** Division I – 4th, 5th, and 6th grades  
Division II 7th, 8th, and 9th grades  
Division III – 10th, 11th, and 12th grades

#### **OFFICIAL RULES AND REGULATIONS:**

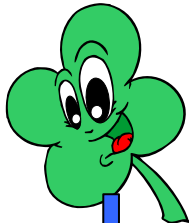
4 H and FFA members are to draw a billboard that encourages or promotes the consumption of poultry or eggs and their importance for health.

1. Billboard design must be made on 22 x 28 poster board ONLY.
2. DO NOT ATTACH anything to the poster that is more than ½" thick.
3. Print and fill out Entry Form and bring it in with your poster.
4. Posters are due in the Livestock Show Office or Poultry Barn of the State Fair by October 27, 2007.
5. The posters will be displayed in the Poultry Barn during the Junior Poultry Show (October 28, 2007).

### Poultry Crowing Contest – Sat., Oct. 27 @ 12:30 pm

### Best Dressed Bird Contest – Sat., Oct. 27 @ 12:30 pm.

**Celebrate!**  
October 7-13, 2007  
**National 4-H Week**



4<sup>th</sup> Annual

## Take-A-Kid Mountain Biking Day

**Where:** Lake D'Arbonne State Park  
**When:** Saturday, October 6, 2007  
**Time:** Registration @ 9:30 a.m.  
Program begins @ 10:00 a.m.

**Bring Your Bicycle**  
**Four Bicycles will be given away**

**Sponsors:** Bike Source  
Toys "R" Us  
Marion State Bank  
Community Trust Bank



### 4-H Cookery Contest

**Beef - Corn - Rice**

**When:** Monday, Oct. 8  
**Where:** U. P. School Bd.  
**Time:**

4:45 p.m. – Reg.

5:00 pm – Judging

5:30 pm – School Board

Members will  
sample dishes



### Life-Skills Class Offered

Mrs. Carol is teaching a basic home economics Life Skills class every Wednesday night in the Crestview Baptist Church kitchen from 6:30-7:30 pm. A short faith-based character education lesson is also included.

A \$1.00 donation is requested each week to help cover the cost of class supplies.

Students in the class include: Araceli Martinez, Oralia Martinez, Andrea Garcia, Christian Calloway, Dakota Waldrop, Devin Green, Kacey Sanson, Kaitlyn Sanson, Katie Mathis, Bethany Rhodes, Christina Bradshaw and Jessie Odom.

# October Club Meeting Schedule

Date	Club	Time	Meeting Location
Oct. 2	UCA 7 <sup>th</sup> -11 <sup>th</sup>	12:30	Math Room
	UCA 4 <sup>th</sup> -6 <sup>th</sup>	1:30	Math Room
	Paron Community Club	4:30	Paron Church
Oct. 4	Bernice Sr. Club	12:25	Auditorium
	Bernice Jr. Club	1:30	Auditorium
Oct. 9	Marion Jr.	1:15	Library or Auditorium
	Marion Sr.	2:15	Library or Auditorium
Oct. 10	Downsville 7 <sup>th</sup> -8 <sup>th</sup>	7:45	Auditorium
	Downsville 4 <sup>th</sup>	8:45	Auditorium
	Downsville 5 <sup>th</sup> & 6 <sup>th</sup>	9:45	Auditorium
	Downsville Sr.	TBA	
	Spearsville Sr.	12:15	Bennett's Room?
Oct. 11	Spearsville 5 <sup>th</sup> -8 <sup>th</sup>	1:20	Cafeteria
	Spearsville 4 <sup>th</sup>	2:15	Cafeteria
	Farmerville Jr. High	9:00	FHS Auditorium
Oct. 12	Farmerville High	10:00	Auditorium
	Farmerville Elementary	1:30	Cafeteria

## Snacks for Kids Checklist



- \_\_\_ Does it look good and taste good?
- \_\_\_ Does it provide vitamins and minerals?
- \_\_\_ Can it be chewed and swallowed easily?
- \_\_\_ Will there be a choking problem?
- \_\_\_ Can fingers be used to eat it?.)
- \_\_\_ Is it different from yesterday's snack?
- \_\_\_ Is it fun to eat?

## The Chokers

Do not give to children under age 2.

Hard to chew

Nougat candy

Nuts, peanuts

Popcorn

Slippery and smooth

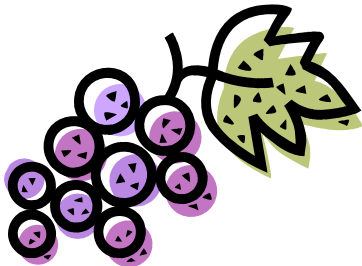
Hard candy

Grapes

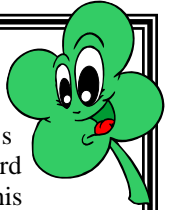
Coin-shaped

Carrot coins

Hot dogs



## I Believe in You



Jaren had a history of asthma and wasn't a good athlete, but he badly wanted to wear a letterman's jacket. He took up cross-country and worked hard to build endurance and speed so he could make his high school team.

Some members of his family urged him to try something else, but his mom supported his dream. "If you want it enough," she said, "go for it. I believe in you. Besides, just trying will make you stronger in every way."

He qualified for the team in the tenth grade but didn't get into enough competitions to earn his letter. Just before he started eleventh grade, his mom contracted cancer. She urged him to keep after his goal.

Jaren ran hard in the off-season hoping to justify his mom's confidence. After each workout, he told her his times and she'd say, "You're getting better. I believe in you."

His running improved until he finally made the team. Although he wasn't the top runner, he was in every competition and was sure to earn his letter.

Sadly, Jaren's mom died a month before the awards banquet.

When it was time for the presentations, the coach gave Jaren an envelope with a note in his mother's handwriting. It read: "I knew you would do it. I'm so proud of you."

Then the coach handed Jaren a beautiful leather letterman's jacket. "Your mom bought this last year and asked me to hold it for you," he said.

Inside was embroidered:

*I believe in you.*

*Now it's time for you to believe in you.*



# Character Counts

## Clovers to...

Vicki Kyzer & Amy McQuire  
Leaders at Farmerville Elementary  
for attending the  
Area Leader Forum in Rayville



**"Nothing in this  
world can take  
the place of persistence."**

## Boo Cups

3 ¼ cups cold milk  
2 pkg. (4-serving size each) JELL-O Chocolate Flavor Instant Pudding & Pie Filling  
1 tub (8 oz.) Cool Whip Whipped Topping, thawed, divided  
20 OREO Chocolate Sandwich Cookies, crushed, divided  
30 miniature semi-sweet chocolate chips



**POUR** milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. Gently stir in half each of the whipped topping and cookie crumbs.

**SPOON** 1 tablespoon of the remaining cookie crumbs into each of 15 (6 oz.) paper or plastic cups. Cover evenly with layers of the pudding mixture and remaining cookie crumbs.

**DROP** remaining whipped topping by spoonfuls onto desserts to resemble ghosts. Add Chocolate chips for the eyes. Serve immediately. Or, refrigerate until ready to serve. Cover and store leftover desserts in refrigerator.

## Red Cross Halloween Safety Tips for Kids

The American Red Cross offers some safety tips to help prepare you for a safe and enjoyable trick-or-treat holiday. These common sense practices can keep the event safer and more fun.

- Walk on sidewalks, not in the street.
- Look both ways before crossing the street to check for vehicles.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are more visible. And remember to put reflective tape on bikes.
- Plan your route and have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable.)
- Visit homes that have the porch light on.
- Accept your treats at the door & never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.
- Be cautious of animals and strangers.

*We are glad you joined 4-H this year.  
Get involved and participate in the many  
activities offered.*

Jason E. Holmes  
County Agent (ANR/4-H)

Carol B. Remy  
Extension Agent (4-H)



## "Spooktacular" Cooking Workshop October 29, 2007

**Interested in a fun afternoon of crafts and cooking? If you are, call and sign-up for the Food Project Club's next activity. Marianna Langston, FNP Educator will conduct an afternoon of crafting and nutrition/cooking activities at the Extension Office**



## Art Project Club has begun!

Would you like to be able to draw? Come and be a part of Fran Cable's art club. The first class was held on Tuesday, September 25, 2007. The students participated in a series of drawing activities to get their creative minds working.

Attending were: Macy Fulton, Bethany Rhodes, B.J. Young, Trey Young, Dakota Waldrop, Laken Blakely, Nikesha Griffin, and Reagan Savage. Kaden Cable assisted as a teen leader.

Next class will be October 30<sup>th</sup> from 4:30 – 6:30 at the Extension Office. There is a \$5 beginning sign-up fee for the class.