

**CHARACTER COUNTS CORNER**

February Focus: **FAIRNESS**

Fairness means treating other people the way you want to be treated. When you're fair, you do your best to share, take turns, and treat each person with respect.

**Ways to Treat People Fairly**

- \*Find ways to share, take turns, and feel less jealous.    \*Ask people what you can do to help make things more fair.
- \*Include others in games and activities; don't leave people out.
- \*Respect people who are different from you.

**Nutrition Focus:**

Eating right and exercising are important for a strong, healthy body. Besides being fun, regular exercise helps you have....

- ➡ A Healthy Heart
- ➡ Strong Muscles
- ➡ Healthy Lungs
- ➡ Healthy Bones



**Attention! Graduating Senior's**



There are several 4-H Scholarships offered through the LaSalle 4-H. They are the Louisiana 4-H Foundation and the Scott 4-H Scholarships. All scholarship applications must be in the LaSalle Parish Extension Office by March 1, 2010

If you are interested in applying for either of these scholarships, contact Jim Summers at 992-2205.

**December Photo Contest Winners    Theme: Holidays**

- 4<sup>th</sup> grade-no participants
- 5<sup>th</sup> & 6<sup>th</sup> grade 1<sup>st</sup> Place—Jessi McNeely-GPM
- 5<sup>th</sup> grade
- 7<sup>th</sup> & 8<sup>th</sup> grade—no participants
- 9<sup>th</sup>-12<sup>th</sup> grade 1<sup>st</sup> Place—Daniel Ross, 10<sup>th</sup> grade 2<sup>nd</sup> Place—Nathan Ross, 12<sup>th</sup> grade

**March Photo Contest**

**Divisions**  
 I--4<sup>th</sup>-5<sup>th</sup> grades    II--6<sup>th</sup> grade  
 III--7<sup>th</sup> -8<sup>th</sup> grades    IV--9<sup>th</sup>-12<sup>th</sup> grades

**Rules**

- ❖ Photograph must be a 3x5 or 4x6
- ❖ Target designated topic
- ❖ Delivered to 4-H Office (may be mailed or given to 4-H leader by due date March 26<sup>th</sup>)
- ❖ Attach entry form to back of photo with clear tape (may be placed in envelope to protect picture).
- ❖ Do not mount photo on paper.



**4-H Photography Contest Registration**  
**March Theme: Nature**

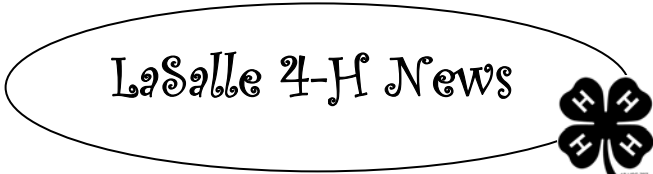
Date \_\_\_\_\_

Name \_\_\_\_\_

Division \_\_\_\_\_

School/Grade \_\_\_\_\_

Where picture was taken \_\_\_\_\_



Visit our website at [www.lsuagcenter.com/lasalle](http://www.lsuagcenter.com/lasalle)

**LaSalle Parish 4-H Calendar**

**FEBRUARY 2010**

February	
3-6	District Livestock Show
5	Pre-Registration due for "Magic of Electricity" Workshop (call 992-2205)
8	Pre-Registration due for Beef, Seafood, & Sweet Potato Cookery & Ambassador Contest
9	Magic of Electricity Workshop, 5-6 p.m. Extension Meeting Room, LaSalle Parish Courthouse Cost \$10.00 Limited to 10 participants
11	Beef, Seafood, & Sweet Potato Cookery & Ambassador Contest- Check-In at 4:30 p.m. Judging of contest begins at 5:00 p.m.
13-20	State Livestock Show
15	Deadline to sign up for Challenge Camp-call 992-2205 for more information
22	Jr. Leader Meeting, 5 p.m. Extension Meeting Room
26	Photograph due in 4-H Office
March	
1	Scholarship Applications due in 4-H Office
11-13	Challenge Camp, Camp Grant Walker
15	Jr. Leader Meeting, 5 p.m. Extension Meeting Room
17	Pre-Registration due for Personal Development & "Fashion Fun" Clothing Contest
22	Personal Development & "Fashion Fun" Clothing Contest
26-28	Jr. Leadership Conference, Camp Grant Walker
26	Photograph due in 4-H Office (final one for the club year)

**Magic of Electricity Workshop**  
**When:** February 9<sup>th</sup> at 5:00 p.m.  
**Where:** Extension Mtg. Room, LaSalle Parish Courthouse  
**Cost:** \$10.00 (bring your favorite soda can with you)

4-Hers will have the opportunity to make a soda can lamp at this workshop.  
 Call 992-2205 by 2/5/2010 to pre-register  
 This workshop is limited to 10 participants.

**Challenge Camp 2010**  
**March 11-13**  
**Camp Grant Walker**  
**"A Tropical Island Adventure"**  
**Just for 7<sup>th</sup> grade 4-H'ers and 1<sup>st</sup> time 8<sup>th</sup> graders**  
**Work as teams to complete challenges!**  
**Hurry! Space is limited.**  
**Deadline to sign up is February 15<sup>th</sup>**  
**Cost to attend is \$60.00**

**Ground Beef, Seafood, & Sweet Potato Cookery  
& Beef & Seafood Ambassador Contest**  
Thursday, February 11, 2010  
Extension Meeting Room, LaSalle Parish Courthouse  
Check-In at 4:30 Judging at 5:00 p.m. pre-register by 2/8/2010

Please note: All dishes must be cold, on ice, and in an ice chest, or the dish will be disqualified.

**Ground Beef Cookery**

A 4-H'er may enter one dish in Ground Beef Cookery. Enter one complete dish with a serving utensil and a recipe in one of the following categories. A dish must use at least one pound of ground beef.



Exhibit entire dish. Divisions are:

**Low Calorie Main Dish**—Show calories for each item used. Total calories; divide by number of servings in the dish. Calorie content cannot equal more than 300 calories per serving.

**One dish meal**—Dish contains food from 3 of the 5 food groups—bread, cereal, meat, fruit, vegetable, milk products.

**All dishes must be pre-chilled and packed on ice, in an ice chest to be qualified for judging.**

**Seafood Cookery**

\*A 4-H'er may enter one dish in Seafood Cookery. Enter one complete dish with a serving utensil and a recipe in one of the following categories. Exhibit entire dish. Divisions are:

**(1) Crab (2) Shrimp (3) LA Farm Raised Catfish (4) Other Seafood (must be from LA Seafood List) (5) Crawfish**

\*A dish must use at least one cup of seafood. Seafood must be fresh, frozen, pasteurized or dried. Canned seafood will not be acceptable.

\* Entries may contain a small amount of second seafood but not more than 1/2 of the total amount of the seafood in the recipe, but must be 1/2 (half) of cup or less. Surimi, an artificial crab made from fish cannot be used.

\*There can be no raw seafood in the final dish.

**All dishes must be pre-chilled and packed on ice, in an ice chest to be qualified for judging.**

Note: You can get a LA Seafood List from the 4-H Office or from our website at [www.lsuagcenter.com/lasalle](http://www.lsuagcenter.com/lasalle), just click on 4-H and follow the links.



**Sweet Potato Cookery**

A 4-H'er may enter only one dish in Sweet Potato Cookery.

Enter one complete dish with a serving utensil and a recipe in one of the following categories. Use at least one-cup fresh, canned or frozen sweet potatoes in the recipe. Exhibit entire dish.

Divisions: **(1) Dessert (2) Other**

**Beef & Seafood Ambassador Contest at 5 p.m. Call 992-2205 for more information**

This newsletter is made available by  
**Jim Summers, County Agent, (4-H, ANR)**

**PO Box 101, Jena, LA 71342 992-2205**

**Visit our website <http://www.lsuagcenter.com/lasalle>**



The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. If you have a disability, which requires special assistance for your participation in any of the meetings or activities, please call the LaSalle Parish AgCenter Extension Office, at 992-2205.

**Personal Development and "Fashion Fun" Clothing Contest**  
March 22, 2010 4:30 p.m. Extension Mtg. Room  
Pre-Registration due by 3/17/2010  
(Call the 4-H office at 992-2205 to pre-register)

**Clothing Contest**

Clothing will not be judged for construction before contest; therefore, clothing will not need to be turned in ahead of time. However, judges may look at construction of clothing during judging.

**4<sup>TH</sup> Grade Division**

Open to any 4<sup>th</sup> grade 4-H member.

Make any **apron** of your choice.



**5<sup>th</sup> Grade Division**

Open to any 5<sup>th</sup> grade 4-H member.

Make a **skirt, Capri's or shorts** of your choice.



**6<sup>th</sup> Grade Division**

Open to any 6<sup>th</sup> grade 4-H member.

Make a **2pc coordinating outfit** of your choice. Some

examples are:

Skirt and Shirt, Jumper and Shirt, Pants and Shirt, Capri's and Shirt, etc...

**7<sup>th</sup> & 8<sup>th</sup> Grade Division**

Open to any 7<sup>th</sup> & 8<sup>th</sup> grade 4-H member.

Make a **2pc coordinating outfit** of your choice. Some

examples are:

Skirt and Shirt, Jumper and Shirt, Pants and Shirt, Capri's and Shirt, etc...



**9<sup>th</sup> -12<sup>th</sup> Grade Division**

Open to any 9<sup>th</sup> -12<sup>th</sup> grade 4-H member.

4-H'er will sew a 2pc outfit, choices below.

- Casual Outfit: includes dress, skirt and blouse, pants and blouse, jumpsuit, etc.
- Special Occasion: includes outfit for special event such as prom, church, wedding, interview outfit or dinner and date/dance outfit.

**Divisions:**

**Girls 4<sup>th</sup> Grade, 5<sup>th</sup> & 6<sup>th</sup> Grade, 7<sup>th</sup> & 8<sup>th</sup> Grade, & 9<sup>th</sup>-12<sup>th</sup> Grade**

**Boys 4<sup>th</sup> Grade, 5<sup>th</sup> & 6<sup>th</sup> Grade, 7<sup>th</sup> & 8<sup>th</sup> Grade, & 9<sup>th</sup>-12<sup>th</sup> Grade**

**Personnel Development (Good Grooming) Contest**

- Open to any 4-H member.
- Contestants will dress as if going to church.
- Ready to Wear garment can be used for Good Grooming Contest as well.
- Contestants are interviewed by a judge who also is judging their appearance.
- Questions may be asked about subject in school, 4-H projects, pets, why they chose the garment they have on; How do they care for their garment. The purpose of the questions is to help the 4-H'er gain skills for interviewing.



**Ready to Wear**

Open to any 4-H member.

The outfit pieces may be ready to wear or a combination of home sewn and ready to wear. Must not be complete outfit that was sewn for clothing contest. This outfit should be suitable for any occasion and should cost less than \$100.

**Decorated Shirt Contest**

- Open to any 4-H'er. 4-H'er may decorate any kind of shirt.
- Decorations can be anything suitable for decorating a shirt—appliqués, buttons, paint, lace, pearls, etc... 4-H'er will model garment with appropriate accessories.