



The Union Clover

Union Parish 4-H
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A Union Parish 4-H Newsletter
 September 2009

4-H is a club that ...

Has Fun



4-H is a club that ...

Learns By Doing



4-H is a club that ...

Wants ... YOU!

Check-out the 4-H Calendar of Events. There are a lot of activities planned for you to participate in and enjoy. This year we plan to have a local activity or contest each month at your school. This year our educational focus will be on learning skills beneficial to you in your everyday life.

So, get involved and get active. You will have a blast, learning and mastering new skills, feeling good about helping others and making new friends.

4-H ... Join Us!



**Keep in touch with us ...
 For a fun year of activities!**

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September Is 4-H Enrollment Time!

- Obtain an enrollment card from your school 4-H leader or from the parish 4-H office.
- Fill out the enrollment card completely. Check which 4-H project you would like to complete this year.
- We suggest one project and do a good job with it. If you show livestock or have a pet, you may also select one of those books.
- Pay \$5.00 4-H dues. If you pay by check make it out to your local school.
- Turn enrollment card and money into your local 4-H leader.
- She will give you a membership card..
- Look over the 4-H Calendar of Events with your parents & check which activities you want to participate in during the year.
- Encourage all of your friends to join -- we want to increase membership -- because the more the merrier!

Once again, 4-H has several project clubs to offer. To get on the mailing list, fill out the information below and turn it in.

Name _____

Address _____

Phone # _____

Cell # _____

E-Mail _____

Check projects areas you are interested in

- | | |
|-----------------------|--------------------|
| ___ Art | ___ Outdoor Skills |
| ___ Wildlife | ___ Photography |
| ___ Clothing | ___ Jr. Leaders |
| ___ After School Club | ___ Pets |
| ___ Community Service | ___ Food |

4-H'ers Busy During the Summer!



Shantoria Kidd of Spearsville attended the Louisiana Educational trip to San Antonio. She won the trip by being selected as one of the top campers at Co-op Conference.



Eighteen teens competed at 4-H University. They won 12 blue ribbons. Cody Kenly of Farmerville won the State Automotive Contest High Individual and third place team. This was his second year to win a state contest. Last year he won high individual in the Tractor Contest.

Others from our parish receiving blue ribbons were: Dana Bennett and Andrea Deason in Ag Demonstration; Cole Griffin in Automotive Team; Reva Carpenter in Child Development; Victoria Bryan in Dog Care; Tori Alexander and Mary Bush in Horticulture Demonstration; Katie Knight in Fashion Revue; Conrad Cable in Tractor Driving and Taylor Snell in Talent.

Also competing were: Kade Hicks, Brittani Gray, Keera East, Kyle Hicks, Kelsey Mitcham, and Tyler Banks. Adults attending were: Nancy Hearn, Ben Walton, Jason Holmes, John & Carol Remy.



The summer started off with fifty youth and adults attending 4-H camp. Serving as counselors were: Kyle Hicks, Tyler Banks, Cole Griffin, Andrea Deason, Dana Bennett, Blair Bennett and Rebecca Sanderson.



A two-day **Sewing Camp** was conducted. Stormy Dickey, Georgia Booth, Dakota Waldrop, Sydney Brown, Raven Hendrix, Sarah McCallum, Kirstyn Wilson and Cheyenne Rhine attended.

Lost Camp was attended by: Logan Simpson, Bethany Rhodes, Katie Knight, Jason Jefferies, Taylor Burns, & Jr. Leader Cole Griffin.

Energy Day was attended by: Bethany Rhodes, Nakiaus Glosson, Cameron Griffin, Jackson Rockett, Brianna Hubbard, Ceonna Wayne, Nicholas Clark, Dylan Jones, Malessa Crumpton, and Katie Hobbs.

Wildlife Camp-Out was attended by: Brittani Gray, Bri Allen, Destin Williams, Wesley Edwards, Garrett & Grace Nyegaard, Bethany & David Rhodes, and Kaitlyn Rhodes



Union Parish teamed up with Lincoln Parish for a Babysitting Clinic and a Self-Esteem Workshop. Attending the Self-Esteem program were: Dakota Waldrop, Georgia Booth and Stormy Dickey. Attending the Babysitting Clinic were: Georgia Booth, Skylar Hughes, Emily Rugg, Bethany Rhodes, Katie Hobbs, Mylan Witherington, and Stormy Dickey. Reva Carpenter was a teen leader.





Check-Out What You Can Do In September

Start the Year Right . . . Get Involved !



After School Project Club – is a new weekly program lead by Carol Remy at the Farmerville Recreation Center. A variety of educational programs/topics will be conducted. The class will be held from 4:30 p.m.– 5:30 p.m. each Tuesday as schedule allows. A \$1.00 a week donation is suggested to help cover the cost of supplies. In September class dates will be: Sept 1, 8, 22 & 29.



Northwest Shotgun League in Shreveport. 8:00 a.m. Cost \$25



Hunter Education Class – sign up for a Hunter Education Class. The next class is September 15, 17 & 19. The Tuesday & Thursday class is 6:00 p.m. – 9:00 p.m. at the Extension Auditorium. Saturday from 8:00 a.m. until noon. You must attend all 10 hours of instruction. Call the Extension Office to register for the class.



National Hunting & Fishing Day – will be Saturday, September 26, 2009 from 9:00 am – 3:00 pm. Each year, Louisiana Wildlife & Fisheries sponsors National Hunting & Fishing Day at their Monroe facilities located behind CenturyTel on Hwy. 165. They will have demonstrations, canoeing, fishing, sports shooting, archery, duck calling, educational displays, B-B gun competition, mussel loader demonstrations, etc. It is a fun family day outing. It is a great place to get a lot of pictures for your Wildlife Project Book especially if you are a Junior 4-H member and want to work on Jr. Wildlife Tour. If you are a Senior 4-H member, it is a great place to volunteer your leadership abilities.



Art Project Club – Once again, Fran Cable has volunteered to offer monthly Art Classes at the Extension Office. This is a great opportunity for you to be creative and improve your skills in painting, drawing and crafts. Sign-up, the first class will be September 17th at 4:30 pm at the Extension Office. There will be a \$2.00 fee each month to help cover expenses. Join the fun! Call the Extension office by Friday, September 11, so she will be prepared for you. Always wear clothes that you might not mind getting paint on.



Order Tickets for LSU vs La. Tech Game – 4-H Day with the Tigers is November 14th. They will be playing La. Tech. Tickets are offered to 4-H members and their family only. If your family is interested in going, tickets can only be purchased through the 4-H office. The cost per ticket is \$25. Each parish 4-H office has the opportunity to purchase 50 tickets. If you are interested I must have money in hand by September 18th.



Bicycle Rodeo – Once again we are teaming with Lake D'Arbonne State Park and conducting our Bicycle Rodeo. Bring your bike and try your skills. This is always a fun day. The event will begin at 9:00 am at the D'Arbonne State Park Visitor Center. It will be held on Saturday, October 3rd.



Talent Show – On September 24th we will have a parish Talent Show at Chateau D'Arbonne Nursing Home. The winners of the show will represent Union Parish at the State Fair Talent Show on October 24th. Call the 4-H Office to sign-up.



Run for a Club Office – Do you want to be a leader of your club? Are you responsible? If you are, then we want you to consider running for an officer of your club. To do that you need to obtain an application form from your 4-H Leader. Fill it out and be prepared to give a speech at your October Club meeting. If you are elected you will be expected to attend an Officer Training Workshop to learn your duties and receive materials to assist you in fulfilling your duties. Your club will elect a President, Vice-President, Secretary, Treasurer, Reporter, and a Photographer (must have a camera).



Beef & Rice Cookery – We will have our first cookery contest on Tuesday, September 29th at 5:30 p.m. at the Farmerville Recreation Center. This year, an educational field trip will be conducted for all 4-Hers that compete in at least four out of the six cookery events. These include: Beef & Rice (Sept.), Chicken & Egg (Oct.); Sweet Potato & Pecan (Nov.); Holiday Cookery (Dec.); Catfish & Corn (Jan.); or Commodity Illustrated Talks (Jan.).

Rice – Dish must contain at least one cup of uncooked rice or two cups of cooked rice (white or brown rice). If contestant is using rice bran instead of rice, the recipe must contain at least ¼ cup of rice bran. Wild rice is acceptable as long as there are two cups of cooked white or brown rice also included in the dish. Any type rice dish may be entered.

Beef – The dish must contain a minimum of one (1) pound boneless beef or two (2) pounds bone-in beef. All beef should be cooked until gray in color, not pink, and juices run clear. Any type beef dish may be entered.



Black Bayou Photo Contest – Black Bayou Lake National Wildlife Refuge Photo Contest deadline is October 1. The contest rules and entry forms, as well as the ribboned entries from past competitions, are available on the Web site of Friends of Black Bayou, Inc., at <http://friendsofblackbayou.org/>.

Ark-La-Miss Fair & North La. Cotton Festival:



Ark-La Miss Fair – Sept. 24-Oct. 4, Monroe Civic Center

You can enter exhibits at the fair at the Monroe Civic Center. Call the Ouachita LSU AgCenter and ask for an Ark-La-Miss Fair catalog. Exhibits include: Horticulture Crops, Agriculture Crops. Seeds & Grains. Leaf Collections, Seed or Weed Identification Displays; Insect Displays, Photography (categories include: landscape, animal, & people: black & white or color) Arts & Crafts, Paintings & Drawings, Clothing, and Home Improvements, Needlework, Food Preservation, Baking and Candy.

North La. Cotton Festival – October 21-25, Bastrop Fair Grounds – You can enter exhibits on Sunday, October 18 or Monday October 19th. Call the Morehouse LSU AgCenter for a catalog.



NRA Youth Wildlife Art Contest – Deadline to enter is October 1, 2009. Winners in each category will receive \$500. Second-place will receive \$250, and third place will receive \$100. Entries may be submitted in one of four categories, based on school grade. Category I includes 1st-3rd grade; Category II-4th-6th grade; Category III – 7th-9th grade; and Category IV – 10th-12th grade. Entries may portray any North American game bird or animal that may be legally hunted or trapped. Endangered species and non-game animals, such as eagles and snakes, are not eligible subjects. Call (703) 267-1531 or e-mail artcontest@nrahq.org if you need to confirm whether a certain animal or bird is eligible.

Send entries to: NRA Youth Wildlife Art Contest, 11250 Waples Mill Road, Fairfax, VA 22030. Entries will be returned only if accompanied by a self-addressed, stamped envelope. Check out web site:

www.nrahq.org/youth/wildlife.asp or artcontest@nrahq.org

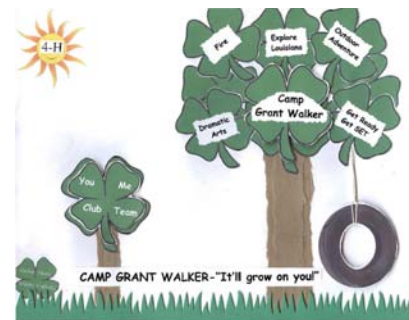


Camp Catch Phrase Contest – 4-H Camp Grant Walker Needs Your Ideas! In 7 words or less they want you to send your most creative ideas in for next year’s camp slogan. The winning slogan will be one that is brief and “catchy”, capturing the spirit of 4-H Camp Grant Walker. The slogan will be used on all publicity for camp and on the camp T-shirt. Illustrations must accompany the phrase and will be part of the contest. The winner will receive a monetary award from the LAE 4-HA (La. Assoc. of Extension 4-H Agents). Deadline for entry is Nov. 2, 2009.

Submissions must also include the following:

- ❖ Full name and age of person submitting the slogan
- ❖ Parish/4-H Club
- ❖ Complete mailing address
- ❖ Telephone number

Individuals may submit multiple entries which may be sent together to the following:
 Ms. Kimberly Landry, 4-H Camp Director
 Grant Walker 4-H Educational Center
 2944 Hwy. 8
 Pollock, LA 71467
 FAX: 318/765-3135



2008 – Winning Entry

Study Tips



Create a designated, organized area without distractions to do your homework. It should be quiet and well-lit. That means to turn off the television and don't answer the phone.

Set aside a specific time to do your homework. Do the most important or difficult assignments first, before you get tired. Study every day.

Stock your study area with paper, pencils and a dictionary.

Use an assignment notebook so you will know what homework is required each day.

Use a book bag to transport books and papers.

Keep old quizzes and tests to prepare for future tests.

Take advantage of any extra help or tutorials your teacher might offer.

Take notes in class and read them over. Make note of the things your teacher has said might be on the test. Be sure to review it.

... to make your best better!



September is National Rice Month

Rice is one of the world's most important foods since it is the staple food for two-thirds of the world's population.

How often does your family eat rice? Two-thirds of people in the United States eat rice once a week and 85% eat rice at least twice a month. Rice is a nutritious cereal grain that contains 103 calories per half-cup serving of white rice and 108 calories per half-cup serving of brown rice. It is cholesterol-free and has only a trace of fat. Rice is also sodium free! Rice is a complex carbohydrate, an important part of the human diet, used to fuel the body. Complex carbohydrates are stored in muscles and released as energy when needed.

Rice is grown right here in Louisiana so enjoy some Louisiana rice for dinner and help fuel your body! To learn more about rice, visit the USA Rice Federation website at www.usarice.com.

Your Character Counts

*Do you want to be wise? . . .
Then choose wise friends.*

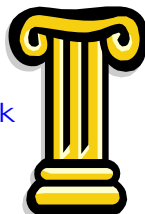
Those who follow the crowd usually get lost in it.

So often instead of doing the right thing, we do the "easy" thing or the "popular" thing. And when we do, we pay a high price for our shortsightedness.

A proven formula for successful living is don't give in to peer pressure. Period.

National Character Counts Week

October 18-24, 2009



Chocolate Rice Pudding

Recipe from USA Rice Council

2 ½ cups milk
2 cups cooked rice
½ cup granulated sugar
¼ cup semi-sweet chocolate chips
1 teaspoon vanilla

In a large saucepan, mix together milk, rice, sugar and chocolate chips. Bring to a boil over medium heat, stirring constantly. Simmer gently for about 20 minutes or until thick and creamy. Remove from heat; stir in vanilla. Spoon into serving dishes; let cool 10 minutes. Serve warm or cold. Makes 6 servings.



