

## Concordia 4-H

Concordia Parish 4-H  
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"To Make the Best Better"  
Visit our web site  
[www.lsuagcenter.com](http://www.lsuagcenter.com)  
(Click on parishes on the right  
side- then select Concordia)

**Any adult  
interested in  
volunteering  
with 4-H  
contests and  
activities-give  
the 4-H Office a  
call at  
336-7084 .**

**We will place  
your name on  
file to  
assist with fu-  
ture 4-H events.**



## LACharacter Lifestyles

**Showing Good Character**

*Think about it, And take the student pledge...*

**Respect** I will listen when the teacher is talking and follow all rules in school handbook.

**Responsibility** I will complete assignments on time and will attend class prepared to learn.

**Caring** – I will assist teachers and classmates with school projects.

**Fairness** I will include all my classmates & others in all activities.

**Trustworthiness** I will be honest with myself and others.

**Citizenship** I will not litter and encourage others to keep school campus clean.

**YOUR CHARACTER REALLY COUNTS!**

**National CHARACTER COUNTS! Week October 21-27, 2012**

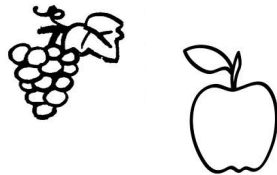
## 5 Ways to a Healthy Lifestyle

With good food habits and daily physical activity you will be well on your way to a healthy life. Easy to say, but sometimes not so easy to do! Our busy lifestyles can be hard on our family's health. With everyone in the family going in different directions it can make it hard to find time to be physically active. We can also slip into the habit of choosing unhealthy snacks and take-away foods or spending our free time watching TV or in front of the computer. However, these choices can be dangerous for our health – both now and in the long-term. That's why it's so important to stop, take notice and make a smart decision to follow a healthy lifestyle .

### What can I do?

There are five simple ways for your family to lead a healthy lifestyle and get back on track:

1. **Get active each day**
2. **Choose water as a drink**
3. **Eat more fruit and vegetables**
4. **Switch off the screen and get active**
5. **Eat fewer snacks and select healthier alternatives**



*If you have a disability which requires special assistance for your participation in 4-H meetings or activities, please call Concordia Extension Office at 336-7084. Membership and participation in activities and events are open to all citizens without regard to race, color, national origin, gender, religion, age, veteran status, or disability.*

## 4-H Clover Blog



Concordia 4-H

September 2012

4-H News & Notes for Grades 4-12

### 4-H DATE LINE

#### September

TBA Officer Training Workshops  
10 Junior Leader Meeting, Vidalia  
17 Shooting Sports-5:00pm-Sheriff's  
Firing Range, Hwy 15

#### October

7-13 National 4-H Week  
1 Junior Leader Meeting  
8 Shooting Sports-Sheriff's Firing  
Range, Hwy 15-5:00pm  
21-27 National "CHARACTER COUNTS!"  
Week  
19 Catch Phrase for Camp Due  
25 "Get the Picture" Contest Entries  
27 Pet Show/Cookery Contests



### New 4-H Year About To Begin!

The 2012-13 4-H year is about to kick off and we want YOU to be a part of all the exciting things that will be taking place this year. To get involved, complete your 4-H Enrollment card and pay your dues to your 4-H Club Leader. We have something for everyone! Watch for all of the 4-H Happenings in the 4-H Clover Blog each month and/or check out our parish website at [www.lsuagcenter.com](http://www.lsuagcenter.com) (click on Concordia Parish and then on 4-H).

### 4-H Livestock Projects

The parish 4-H Livestock Program is searching for new exhibitors to show animals at the upcoming 2013 Spring Show in Delhi and Gonzales. Any 4-H'er interested in showing animals at these shows should contact the 4-H Office immediately (ph: 336-7084). There are possession dates for these shows that you must meet for your animal to be eligible to show.

### CELEBRATE NATIONAL 4-H WEEK!

National 4-H Week will be **October 7-13, 2012**. Each club needs to select a committee to plan activities for National 4-H Week at school and their communities to showcase 4-H. Some examples—green & white day; treats for teachers; cafeteria; leading pledges over intercom at school; cleanups; posters, etc. **"4-H Mousepad" Contest – Due October 10, 2012.**

### Be a 4-H Junior Leader

Do you like working with younger 4-Hers, doing community service projects, learning at meetings, or helping at 4-H activities? If so, sign up at your club meeting or call the 4-H Office and we will send you a meeting reminder! The Concordia Junior Leader program is open to 7th-12th grade students. Dues for the club are \$5. Hope you will come and join us at our next meeting.

### "Catch Phrase" for 4-H Camp Contest—5 Points

Can you come up with a "catchy" theme for 4-H Summer Camp? Then plan to enter the "Catch Phrase for Camp" Contest!! The deadline for all entries is at your October club meeting. 1st, 2nd and 3rd place parish awards will be given. The State winner will receive \$50 cash award. All you have to do is think of a brief and "catchy" slogan that captures the spirit of 4-H Camp Grant Walker and provide a drawing to go along with your phrase.

**Rules & Regulations:** 1. Be seven (7) words or less. Also, you must provide a drawing to go along with your phrase. 2. Include the following information on the back of your entry: name, age, name of 4-H club, parish, your complete mailing address & telephone number. Submit your entries by Oct. 19th to your Leader. **GOOD LUCK!**

**4-H Cookery Contest – Concordia 4-H Food Festival**  
**Deadline to register– October 24th – call the 4-H office 336-7084**  
**October 27- Old Courthouse Bldg—1st Floor**  
**Registration: 9:00 - 9:30 a.m. – Judging begins at 9:45 a.m.**

**Sweet Potato**-Prepared dish must contain at least 1 cup of fresh, canned, or frozen sweet potatoes.  
Categories: 1. Dessert 2. Other

**Pecan**-at least 1 cup of pecans must be used in recipe. Categories: 1. Dessert 2. Candy 3. Other

**Ground Beef**-must contain at least 1 pound of ground beef

**Any Other Beef**-must contain 1 pound of boneless beef (not ground) or 2 pounds bone-in beef.

**Set Up at the Contest:** A handwritten or typed copy of the recipe MUST accompany the dish. **DO NOT PUT NAME** on the recipe – (numbers will be given). On the recipe list: **1. Division:** *Sweet Potato, Pecan or Beef* **2. Category** **3. Name of recipe** **4. Ingredients** **5. Instructions** **6. Yield :**Place a copy of the recipe on the table during set up. Only 4-Hers will be allowed to set up their dishes. **Safety: Dishes should be cooked the night before and refrigerated. Transport the dish to the contest in an insulated cooler with ice (must be a cooler, not a plastic box). Dishes should be cool to the touch. A microwave will be available for warming dishes for judges. Overall winners in each division will represent Concordia parish at the Area Cookery Contest.**

**Louisiana State Fair Livestock**

Concordia 4-Hers will be exhibiting their animals at the State Fair of Louisiana in Shreveport, October . Exhibitors participating will be Kristin Russell, Hunter Randall, Reagan Tiffie, Emily Guillot, Raylyn Harkins and Ashley Barlow . **BEST OF LUCK WITH YOUR PROJECTS AT THE SHOW.**

**State 4-H Portfolio Winners!**

Brittany Stanley’s 7th Grade Achievement portfolio was selected as a Blue Ribbon Winner in the State 4-H Portfolio competition. State Winner (4-H Alumni Recognition)- Debby Hill. Ms. Hill will be awarded a plaque for her accomplishment at the 2013 4-H Recognition Banquet held during 4-H University. Congratulations to both of these individuals for representing Concordia 4-H .

**Get the Picture - 5 Points**

Each month 4-H’ers will have the opportunity to enter one picture in the category for that month. The picture must be submitted by the due date and must have been taken by the 4-H’ers (*you must have taken the picture yourself within the past year*). Photos must be 3 1/2 x 5 or 4 x 6 (your choice). Printed pictures from digital cameras will also be accepted. Divisions: 4th-6th; 7-12th. Photos will be displayed at various locations in Concordia Parish. DO NOT MOUNT THE PHOTOS. Complete and attach the entry form below to the back of the picture with clear tape and turn in to your 4-H Leader or to the 4-H Office by the due date. **October Category: Your favorite picture taken “Summer 2012”. Due: At your October 4-H Club Meeting or to the 4-H office by October 25, 2012.**

**4-H Photography Contest: “Summer 2012”. Date Due: October Club Meeting**  
Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Division: (Circle one): 4th-6th

7th - 12th

**4-H Pet Show**

**Saturday, October 27, 2012! Check In: 9:30 a.m. Old Courthouse Vidalia, LA. Pets Must Be On A Leash Or In A Cage!!** Open to all 4-Hers; 4th-12th grades. You may enter only one pet in the show and **You must call the 4-H Office at 336-7084 by October 24th to pre-register your pet in a division listed below:** You may enter any or all categories in a division. You will make your category choices as they are announced at the contest. Categories for your selection at the show are listed under each division and are as follows:

Divisions:	Categories:		
Large Dog – Over 15” tall	Best Personality	Fastest Recall	Example: The dog that runs to owner fastest- 30 sec time limit
Small Dog –Under 15” tall	Best Personality	Most Adorable	
Long Hair Cats	Most Unusual Feature	Best Personality	
Short Hair Cats	Most Unusual Feature	Best Personality	
Large/Small Dogs	Waggiest Tail	Best Costume Dog/Owner	Most Handsome Boy/Gorgeous Girl
Long Hair/Short Hair Cats	Longest Tail	Best Costume Cat/Owner	Most Handsome Boy/Gorgeous Girl
Other Small Pets	Most Unusual	Most Active	
All Pets	Tricks	Most 4-H Spirited	

**National 4-H Week Contest**

National 4-H Week will be celebrated October 7 –13, 2012. This year’s National 4-H Week Contest will be designing a “4-H Mousepad”. Any material can be used –paper, cardboard, cloth, etc. The mousepad design should be no larger than a normal size piece of paper (8 1/2 x 11). 4-Hers are allowed to glue items to their mousepad, draw a design on any type material or design something on the computer and print it out. The top five winners in each 4-H club will be recognized and have the opportunity to draw a 4-H item out the bag at the November 4-H meeting. Hope you will participate in our first 4-H contest of the year! Good Luck!

**4-H Shooting Sports Event**

The Concordia 4-H Shooting Sports Program will hold its first meeting of 2012 on September 17th at the Concordia Parish Sheriff’s Firing Range on Hwy. 15, beginning at 5:00p.m. 4-H’ers will be given an overview of the Shooting Sports Program, participate in a short educational program and have the opportunity to shoot a BB Gun, Pellet Gun, Rifle (22) and Shotgun (20 gauge) on the range. Cost for this event will be \$5 per student/per meeting. Any student 4th– 12th grade is eligible to participate.

**All youth participating must have your parent complete a release form! This will allow you to go onto the firing range. Adults that are interested in becoming instructors can talk with Mr. Joe.**