



Natchitoches Parish 4-H Youth Development

624 Second Street
Natchitoches, LA 71457

(318) 357-2224 phone

(318) 357-2225 fax



4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

Dates & Deadlines



September

1	Labor Day	4-H Office Closed
10	Shooting Sports Info Meeting	Arts Center
21	Junior Leader Recruitment Social	Arts Center
25	Drawing for 1-Ton Deer Corn Benefiting 4-H	4-H Office

October

3	Culinary Arts Contest: Beef & Egg	4-H Office
4-10	National 4-H Week	Nationwide
7	National Youth Science Day	Nationwide
7-18	Tractor Supply Clover Sale	Tractor Supply
9	DUE: Beef & Dairy Posters	4-H Office
11-17	Natchitoches Parish Fair	Natchitoches, LA
19	Junior Leader Meeting	Arts Center
19	State Fair Arts & Crafts Entries	Shreveport, LA
24	4-H Night w/ the LSU Tigers	Baton Rouge, LA
24	State Fair Talent Show	Shreveport, LA
24	State Fair Nutrition & Livestock Quiz Bowl	Shreveport, LA
30	AgMagic at the State Fair	Shreveport, LA

What Can YOU Do in 4-H? Just about anything!

DO IT! Go to a meeting. Attend a camp. Enter a contest. Take a field trip. Make a new friend. Decide on a project. Attend a workshop. Volunteer to help.

LEARN IT! Explore an idea. Design a plan. Identify the parts. Research the facts. Locate a resource. Organize an activity. Practice a new skill. Schedule an interview.

BE IT! Share a vision. Inspire others. Take the lead. Report on results. Support a cause. Demonstrate a process. Create something new. Exhibit a final product.

*Be the change! You have a lot to share just by being YOU! Your part is an important one, and you can make a difference. So what are you waiting for? Come on...**JOIN THE CLUB!***



What do you want to be when you grow up? A doctor, lawyer, engineer, farmer, beautician? Do I need to attend a technical college or a four year university? Sounds exciting, yet scary at the same time. However, its never too early to start planning for your future. Let 4-H help you find your "spark" and ignite your passion as we focus on career exploration this club year. Learn to identify skills and qualities employers are looking for in the people they hire, and better ways you can start developing and sharpening life skills in through 4-H.



1 - Ton Deer Corn Raffle
Tickets are \$5/each or
5 for \$20.
Drawing September 25

Teen Junior Leadership Club: Recruit. Mentor. Serve.

“A LOT OF GROUPS GO OUT THERE AND TALK ABOUT IT—WE GO OUT THERE AND **ACTUALLY DO IT.**” 

Junior Leadership Club

JOIN THE REVOLUTION OF RESPONSIBILITY 

is a service club open to all 7th-12th graders in the community, focusing on civic engagement, volunteerism, and leadership.

MONDAY, SEPTEMBER 21, 2015
6:30-7:30 P.M.
ARTS CENTER - 716 SECOND ST.
REFRESHMENTS SERVED
NEED MORE INFO? CALL 357-2224

Many young people who have been 4-H members for two or three years are ready to expand their leadership role within their 4-H club. These members may have shown leadership qualities by serving as an officer or committee member or through their project work. Older 4-H members may gain new leadership skills by assisting other members with their 4-H project work.

JUNIOR LEADERS WANTS YOU
to JOIN the REVOLUTION of RESPONSIBILITY!



SHOOTING SPORTS INFORMATIONAL MEETING: SEPTEMBER 10th

There will be an informational meeting for parents or guardians whose children are interested in **Shooting Sports on Thursday, September 10 at 5:00 p.m. at the Natchitoches Arts Center.** We will cover the requirements, and all other basic information needed to have an effective program in Natchitoches Parish. Parents whose child is participating in the shooting sports program for the upcoming school year are strongly encouraged to attend.



LSU



4-H NIGHT WITH THE TIGERS



OCTOBER 24, 2015



COME SEE LSU
TAKE ON WESTERN
KENTUCKY

\$15
SEATS IN
UPPER DECK

TO PURCHASE VISIT:
LSUTIX.NET

CLICK ON **PROMO CODE**
IN GRAY BOX

ENTER PROMO CODE:
STATE4H



JOIN LOUISIANA 4-H FOR A TAILGATE IN
PARKER COLISEUM BEFORE THE GAME WITH
FREE FOOD, GAMES, & GIVEAWAYS



Kick off the new year school year by getting involved in some of the fun contests we have planned!

"CATCH PHRASE for CAMP"

What's a good theme for 4-H Summer Camp? Send us your most creative ideas for a slogan in 7 words or less. Open to ALL 4-H Club members, 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 in publicity for camp and on the camp T-shirt. Submissions must include the following:



- ⇒ Full name and age of person submitting
- ⇒ Parish and 4-H Club or Member at Large
- ⇒ Complete Mailing Address
- ⇒ Telephone Number

After the final selection, the winner and parent will be asked to signed a release for the slogan in general publicity. **Deadline for receipt of entries is Friday, October 30, 2015. Winner receives a \$50.00 check!**

Mail to:

Grant Walker 4-H Educational Center
3000 Highway 8
Pollock, LA 71467

Culinary Arts Contest

Beef and Egg Cookery

October 3, 2015

Showcase your culinary skills and best dishes at the 4-H Culinary Arts Contest. Categories include:

- ◆ **Ground Beef - Appetizer**
Minimum 1lb of ground beef
- ◆ **Ground Beef - Main Dish**
Minimum 1lb of ground beef
- ◆ **Beef - Other Cuts**
Minimum 1lb of beef
- ◆ **Egg - Appetizer/Salad**
minimum of 4 eggs in any combination (whole, whites or yolks)
- ◆ **Egg - Dessert**
minimum of 4 eggs in any combination (whole, whites or yolks)



Dishes will be judged on appearance, taste, flavor, texture, aroma, smell, and over acceptability as well as a typed recipe with easy to follow cooking directions.

Winners of the local contest will advance to the area competition in Bossier City during the spring.

Need help finding an award winning recipe? Give us a call...we would be glad to share!

CHECK IN: 10:30-11:00 a.m. at the 4-H Office

JUDGING BEGINS: 11:15 a.m.

For a complete list of contest rules & dish requirements, please contact Mrs. Gwen at the 4-H Office: gfontenot@agcenter.lsu.edu or 318-357-2224



Calling all artists! The **Beef and Dairy** industry need your help in finding the next award winning slogan. Got Milk? Beef, Makes the Grade? Sound familiar? Bring your idea to life, by designing a billboard promoting the beef or dairy industry. Parish winners in each division will advance to the state level for a chance to win cash prizes.

For a complete list of contest rules, please contact Mrs. Gwen at the 4-H Office: gfontenot@agcenter.lsu.edu or 318-357-2224.

news

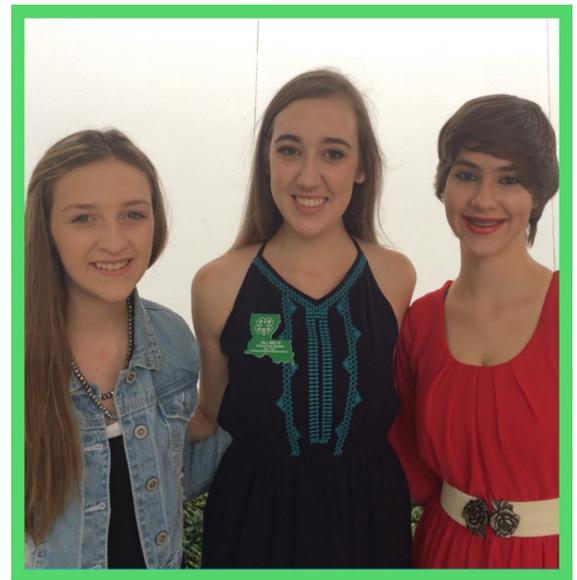
4-H'er Attends National Conference

Oh the places you can go! This summer, **Leneigh Hennigan**, had the opportunity to attend the 4-H Food Smart Families Training sponsored by United Health, at the National 4-H Conference Center. What began as being named a delegate on the State 4-H Food and Fitness Board, blossomed into a educational, all expense paid trip. Leneigh, along with a team of adult volunteers and other 4-H members, learned about new curriculum, which they will use to train 4-H agents across the state who are receiving funding to implement healthy lifestyle programs in their respective parishes.



Youth Named to State Boards

At 4-H University this summer, Jill Wiltz, was elected as the 2015-2016 State 4-H Vice President. Wiltz, was also named one of four National Conference Delegates. Jordan Rodriguez was named to the State 4-H Food Fitness Board, and Kate Dickson was named to the State 4-H Science, Engineering and Technology Board. Wiltz and Rodriguez attend Natchitoches Central High School and Dickson attends St. Mary's.



Mrs. Gwen Fontenot
Associate Extension Agent, 4-H
gfontenot@agcenter.lsu.edu

Mr. Randall Mallette
Assistant Extension Agent, ANR & 4-H
rmallette@agcenter.lsu.edu



4-H is a **community** of **young people**
across **America** who are learning
leadership, citizenship and
life skills.