



# Avoyelles Leader Update

FEBRUARY 2014

## Dates To Remember:

### February

- 4 Jr. Leadership Mtg
- 8-15 State Livestock Show
- 22-23 State Food and Fitness Camp
- 28-2 Challenge Camp

### March

- 1 Senior Scholarship Applications Due
- 11 Jr. Leadership Mtg
- 20 Video Contest Entries Due
- 22 Achievement Day
- 27 Record books due

## Club Meeting Schedule

Please check the calendar closely for your club meeting dates and times. Contact the 4-H office immediately if you need to make any adjustments. Enclosed you will find your club meeting schedule for February.



## What to expect as a 4-H volunteer for the upcoming months:

- ◆ Encourage members to participate in Achievement Day. To be held March 22. Attached is a list of contest and activities members can participate in.
- ◆ If you have members interested in participating in Achievement Day for the demonstration contest, They need to preregister by March 15 to ensure we have enough judges. Please review registration that is attached.
- ◆ Encourage youth to work on project work and complete a 4-H record book due March 27. Host a club recordbook workshop. 4-H Agents will be glad to assist..
- ◆ Encourage members to participate in parish activities so they may be selected from your club as an outstanding member. Only 10% of your clubs enrollment maybe selected to the Outstanding Members Reception. Please see Volunteer handbook on further information. More details will be sent out at the end of the month.

## CLUB REPORTER'S SCRAPBOOK

Open to all Avoyelles Parish 4-H Clubs. Each club may enter one scrapbook that is created by the club reporter. The club scrapbook will be comprised of reporters articles and community service and/or other activities performed by the club that year. **DUE MARCH 20** to the 4-H Office. Please review contest description in leader handbook.

## EXPLORE AGMAGIC APRIL 28-MAY-4

**GREAT CLUB FIELD TRIP** Do you think food, clothing, lumber and other products only come from a store? Come to AgMagic to see and learn where your food and fiber really come from! The LSU AgCenter's Parker Coliseum will be transformed this spring to show "AgMagic," which will take children and adults through a journey of Louisiana agriculture and economically beneficial commodities they use every day. The experience will be an interactive, visually stimulating environment that will link food and fiber products we use every day to the forests, field crops and livestock produced by Louisiana farmers, ranchers and forest landowners. Featured crops will be displayed in various stages of development, and the importance of interaction between agriculture, the environment and society, at large, will be highlighted.

After AgMagic, enter the **Louisiana Body Walk**, a 35-ft by 45-ft walk-through exhibit representing the human body, targeting kindergarten through 5th grade youth. During your walk, you will explore the stomach, small intestines, heart, lungs, bones, skin, and brains, stopping at learning stations to participate in activities focused on the effects that different foods have on each organ. This exhibit has proven to be a successful model for teaching human nutrition, physiology, and the importance of healthy lifestyle behaviors in a manner that children can understand.

Learn more about the featured exhibits at AgMagic at [www.lsuagcenter.com/AgMagic](http://www.lsuagcenter.com/AgMagic)

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A State Partner in the Cooperative Extension System

The LSU Agricultural Center is a statewide campus of the LSU System and provides equal opportunities in programs and employment. Louisiana State University and A. & M. College, Louisiana parish governing bodies, Southern University, and United States Department of Agriculture cooperating

### January and February Food Pantry Items

Don't forget about the food pantry items.

February Item: Pasta

March Item: Rice

### RECORD BOOKS

Record books and portfolios are due to the 4-H Office by March 27 at 4:00 p.m. Please refer to the Leader Handbook on the regulations for record books.

Don't forget about the new opportunity for the youth to submit their 4-H project work.

### RECORD PORTFOLIO CONTEST

Open to all 4-H members.

Club member must complete all eight sections.

Members are encouraged to show 4-H growth

All portfolios must be placed in a 3 ring binder.

If applicable, please show three year's worth of work.

Portfolios will be judged in the following categories

4<sup>th</sup> grade division

5<sup>th</sup> grade division

6<sup>th</sup> grade division

7<sup>th</sup> and 8<sup>th</sup> division

Senior 9-12<sup>th</sup> grade division

- Visit [www.lsuagcenter.com](http://www.lsuagcenter.com) web site and download a copy of the 4-H Portfolio.



### ACHIEVEMENT DAY VOLUNTEERS

Volunteer help is key to a successful Achievement Day. This offer goes out to parents, grandparents, other family members, school leaders and principals. If you would be interested in assisting with Achievement Day, please feel free to contact the 4-H Office. Come share in the celebrations.

#### ATTENTION:

*It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, gender, religion, age, or disability.*

Sincerely,

*Sheena Grote Cecil*

*Extension Agent  
4-H Youth Development*



*Esther C. Boe*

*Extension Agent  
4-H Youth Development*

# Achievement Day



Achievement day is a day full of fun educational sessions, skill-a-thons and competitive contests that focus on various 4-H topics. The event is open to all youth and they are encouraged to take part in as many contests and educational activities as desired. 4-H member and club awards will also be presented at this event. Contests to be held at Achievement Day are as follows:

**CAREER PREPARATION:** Individual contestants submit a resume, application, story, and participate in a job interview. The situation for the contestant's interview with the judges will be a job interview. The contestant selects the job for which they want to be interviewed and put name of job on resume. The job selected should represent a present-day situation, not a job projected in the future. Contestants will be asked questions dealing with workplace ethics and other knowledge as indicated on the interview scorecard during the interview process. Each contestant should wear an outfit appropriate for a job interview. Each contestant submits a resume giving his or her qualifications for the job for which he or she is applying. Resume MUST be typed. The Personal Development Story (story shall be no more than 6 pages double-spaced), resume, and job application shall be compiled into a bound portfolio.

## **DEMONSTRATIONS**

Open to all 4-H members. All contests will consist of three divisions: Elementary (grades 4-6), Junior (grades 7-8), Senior (grades 9-12). There will be a limit to no more than two demonstrations per 4-H member. Members of a team demonstration can be from different clubs. Members can be from a different grade level, but will compete in the oldest team member's grade division. All demonstrations must be pre-registered. Any Demonstration not pre-registered will be unable to participate. Time limit for demonstrations-min. 5, max. 15 minutes. Demonstration Categories:

**Agriculture Individual**-May include: livestock and crop production, conservation of natural resources, wildlife management, marine science, poultry science, agricultural engineering, forestry, horticulture, etc.

**Agriculture Demonstration Team** -Must be a team of two 4-H'ers. May include livestock and crop production, conservation, wildlife management, marine science, poultry science, agricultural engineering, forestry, horticulture, etc.

**Family and Consumer Science Individual**- Subjects may include clothing, family life, family resource management, health, safety, housing, house furnishings, etc. This does not include foods demonstrations. Examples: Cleaning a sewing machine, making play dough, proper way to exercise, making a first aid kit, removing stains, etc.

**Family & Consumer Science Team** - Contestants compete as a team of two 4-H'ers. Subjects may include clothing, family life, family resource management, health, safety, housing, house furnishings, etc. This does not include foods demonstrations.

**General Individual**-Open to any 4-H member in grades 4-8. Subjects may include: How to chart a hurricane, using the computer, how to make a necklace, how to clean a camera, garnishing, how to make any craft, etc.

**General Team**- Open to any 4-H members in grades 4-8. Contestants compete as a team of two 4-H'ers. Subjects may include: How to chart a hurricane, using the computer, how to make a necklace, how to clean a camera, garnishing, how to make any craft, etc.

**Food Demonstration**- Open to any 4-H member. May be an individual or team. Contestants must give a method demonstration on the preparation of a food dish. This category includes demonstrations in rice cookery, fruits and vegetables, breads, dairy foods, etc.

**COMPACT TRACTOR:** Open to all 4-H members in grades 6-12. Contest Description: The contest will consist of identifying 10 parts and a driving portion that includes Compact Tractor Safety and Compact Driver Operation.

**FISHING SPORTS:** Open to any 4-H member. Contest Description: The contestant will be required to take a test relating to fishing (rules, limits, safety, ethical issues, etc.) Identify fish, and fishing gear. Contestant will also use a rod/reel that will be provided. Practice casting into kiddie swimming pools from distances varying 5-40ft.

**SKILL A THON**-Open to all 4-H members. This is a team contest. The team can be made up of two or three individuals. Not an individual contest. Team members can be from different grades and different clubs. This year's skillathon contests are:

**OUTDOOR SKILLS**-Teammates will have to score a paper target, identify wildlife, identify items to pack in a backpack when hunting and apply hunter education skills.

**FOOD AND FITNESS SKILLS**-Teammates will have to be familiar with MyPlate, answer questions regarding healthy decision making and choose appropriate meals.

**LIVESTOCK SKILLS**- Teammates will have to identify breeds of livestock, how to use a halter, identify tools, identify cuts of meat and give medicine to a sick animal.