

Concordia 4-H

Concordia Parish 4-H
405 Carter Street
3rd Floor
Vidalia LA 71373

Phone: 318-336-7084
Fax: 318-336-5832

- Concordia 4-H Agent -

Joe P. Bairnsfather
Extension Agent (4-H)
jbairnsfather@agcenter.lsu.edu

"To Make the Best Better"
Visit our web site
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
future 4-H
events.*

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.

The LSU AgCenter provides equal opportunities in programs and employment.



LACharacter Lifestyles Respect

A person of character values all people.

- **Golden Rule**-Treat others the way you want to be treated
- **Respect** the dignity, privacy, and freedom of all individuals
- **Tolerance and Acceptance**-Be tolerant, respectful, and accepting of those who are different from you
- **Nonviolence**- Resolve disagreements, respond to insults, and deal with anger peacefully and without violence
- **Courtesy**-Use good manners. Be courteous, polite and civil to everyone

Top Ten Foods to Avoid

Females (9-17) should get no more than 2,000 daily calories and males (9-17) should get no more than 2,400 daily calories. Only about 30 percent of these calories should come from fat. Unfortunately, many of today's foods---even the ones that are considered healthy---are full of calories, sodium, and chemically-altered ingredients. Know the types of foods to avoid in order to maintain a healthy and balanced diet.

-Packaged Baked Goods

-Canned Juices

-Potato Chips

-Canned Soup

-Fast Food Hamburgers

-Donuts

-Microwavable Diet Foods

-Ramen Noodles



"Louisiana CAN Fight Hunger" Campaign

4-H Clubs from throughout the parish can participate in the "Louisiana CAN Fight Hunger" Campaign by collecting cans of food. It is each individual club's option as to who the food will be given to. It can be given to a needy family in your community or to a food bank. We will need each club to provide us with the weight of the food collected so this can be given to the State 4-H Campaign. This campaign will continue until January 8th, 2013. A special THANK YOU for reaching out to those in need in our communities and parish!

4-H Clover Blog



Concordia 4-H



October 2012

4-H News & Notes for Grades 4-12

4-H DATE LINE

October

- 1 Junior Leader Meeting
- 7-13 National 4-H Week
- 8 Shooting Sports-Sheriff's Firing Range, Hwy 15-5:00pm
- 19 "Catch Phrase" for Camp Due
- 25 "Get the Picture" Contest
- 21-27 National "CHARACTER COUNTS!" Week
- 24-Nov 3 State Fair of LA, Shreveport, LA
- 27 Pet Show /Cookery Contests

November

- TBA Bicycle Rodeo
- 5 Junior Leader Meeting
- 12 Shooting Sports-Sheriff Firing Range-4:30
- 28 "Get the Picture" Contest

December

- 3 Junior Leader Meeting
- 10 Shooting Sports-Sheriff's Firing Range-4:30
- 14 Agricultural 4-H Photo Entries Due
- 14 "Get the Picture" Contest
- 24-Jan 1 4-H Office Closed/Holidays

"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!

Distracted Driving: State 4-H Service Focus

Did you know that in 2010, 3092 people were killed in crashes involving a distracted driver and an estimated additional 416,000 were injured in motor vehicle crashes involving a distracted driver. Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include? Texting, using a cell phone, eating and drinking, grooming, reading (including maps), watching a video, talking to passengers, using a navigation system and adjusting the radio, CD player or MP3 player. But because text messaging requires visual, manual and cognitive attention from the driver, it is by far the most alarming distraction.

4-H Livestock Projects

The parish 4-H Livestock Program is open to anyone interested in exhibiting 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.

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.

Contest will include sweet potato, pecan, ground beef and any other beef.



LA Connections Camp: Time Traveling Through Louisiana (7th-9th grade)

The Citizenship Board is excited to showcase a variety of opportunities that will connect our 4-H youth to Louisiana's richest traditions and cultures. Daytime Sessions will include: Cultural Arts-Cajun Dancing & Mud Painting, Tour de Festivals-Festival Activities & Food, Tri-ing To Drive-Don't travel through time distracted while driving, and Louisiana Historical Icons-Go on a scavenger hunt of 200 years of historical figures. Night Activities will include: Living History on Friday Night-travel through 5 time periods in LA history; Louisiana Saturday Night-we're having a party – a 200 year birthday party for Louisiana. You must register for this camp by November 9, 2012. The camp will be held at Grant Walker 4-H Educational Center December 7-9, 2012. Cost is \$70. Call the 4-H office at 336-7084 to sign up!

Louisiana State Fair Livestock

Concordia 4-Hers will be exhibiting their animals at the State Fair of Louisiana in Shreveport, October 24-November 3, 2012. 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.**

Bicycle Rodeo (10 points)

A bicycle rodeo will be held at the various schools throughout the month of November (Monterey, Ferriday, Vidalia, and Concordia Parish Academy. Be on the lookout for the day and time of your rodeo. Each 4-Her must furnish their own bicycle or make arrangements to use one. All riders will have one chance on each of the six (6) obstacle riding events. **Divisions:** Grades: 4th-6th Grades: 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 10th 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. Refer to September Clover Blog for rules and categories.

"Get the Picture" Contest - 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 of to the 4-H Office by the due date. **November Category: Fall Scenery -Due: At your November 4-H Club Meeting**

4-H Photography Contest: " Fall Scenery ". Date Due: November Club Meeting
Name: _____ School: _____ Grade: _____

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

7th - 12th

Agriculture 4-H Photography Contest



Entries are due in the 4-H office no later than December 14, 2012 to compete.

Rules and Regulations: -All pictures must relate to Agriculture. -Open to all 4-H youth 4th-12th grade. -Divisions will include: 4th - 6th **and** 7th - 12th -Picture must be taken by individual listed on entry label. -Entry label must include name, parish, grade, and category. -Photograph entered must have been taken during 2012 and in Louisiana. -All entries must be 8" x 10" (color or black/white). **(No other size pictures will be accepted)** -All 8"x 10" pictures must be mounted on a 10" x 12" thin art/mount board this will allow a 1" border. **(Please no foam core board)** -Each photograph must include a one-line title mounted on thin art/mounted board below picture. -You are limited to enter only one picture in each of the categories that are listed below. -Entries cannot be duplicated. -Winning photographs will be displayed during Ag Expo -January 18-19, 2013 -All photographs will be returned to parish extension offices in February 2013.-Ink jet prints acceptable

PHOTOGRAPHY CONTEST CATEGORIES:

Farm Animals Horticulture/Plants/Crops Any Other Agriculture

Attention 7-12 Grades

Are you interested in: Having fun? Helping others? Being a leader and learning how to lead? Then come to the next Junior Leader Meeting (5 points) **Monday, November 4th** at 1:00pm. We will meet every 1st Monday of the month. Dues are \$5.00. Remember to collect can tabs for the Ronald McDonald House/St. Jude Children Home. We need help from all of you with 4-H Fun Day – Cookery Contest and Pet Show! (points!!!!) We also need your help in conducting the bicycle rodeos at the various schools! (more points!!)

Officers for the club will include: President, Vice-President, Secretary, Treasurer, Reporter, Photographer, Parliamentarian, Service Learning Chairman, Service Learning School Representatives– one from each school (7th-12th).

ST. JUDE 4-H FUNDRAISER

Parish 4-H clubs have the opportunity to collect aluminum pull tabs beginning **October 1st**. Concordia Parish collected over 250 pounds of aluminum pull tabs to help benefit this program last year. Decorate a container for your club and get started in assisting with this worthwhile program! Competition between clubs will be based on number of pounds collected. Clubs will collect tabs until **March 1, 2013**. Top clubs will be recognized at