

Avoyelles Parish 4-H

www.Facebook.com/AvoyellesParish4H/

November 2021 Newsletter



MINI BLUEBERRY PIES

Ingredients

- 1/4 cup of sugar
- 3 teaspoons of cornstarch
- 1/8 teaspoon of salt
- 1/4 cup cold water
- 5 cups fresh blueberries
- 1 tablespoon butter
- 1 tablespoon lemon juice
- 1 package refrigerated pie crust

Cooking Instructions

Preheat oven to 425 degrees
Combine sugar, cornstarch, salt, and water in a saucepan over medium heat. Stir until smooth.
Add 3 cups of blueberries and bring to a boil. Stir until thick and bubbly.
Remove from heat. Add butter, lemon juice, and remaining two cups of blueberries. Stir until butter is melted. Place pieces of pie shell into cupcake pan. Put 1/3 cup of filling into each pie shell. Place in oven for 25-30 minutes.

<https://4-h.org/parents/healthy-living/cookbook/blueberry-pies/>

(Cady & Madison, Avoyelles Parish)

THANKS

Happy Thanksgiving from Avoyelles 4-H!!!

Spotlight on Mental Health: Kindness matters! Kindness is any unselfish act to provide help, support, and friendliness. This is a simple definition, because kindness is so much more. Kindness means putting others first, sharing, and maybe just being a better friend.

ACTS of KINDNESS Scavenger Hunt!

- Do extra chores without being asked
- Help make dinner.
- Stand up for someone who is being bullied.
- Help someone with homework.
- Send a note to someone who might be lonely.
- Smile at a stranger.
- Cheer someone up.
- Give someone a compliment.
- Recycle items.
- Apologize when you do not want to.
- Hold the door open for someone.
- Leave a nice note on your teacher's desk.
- Thank someone who inspires you.
- Read to a younger student or family member.
- Eat lunch with someone you do not usually eat lunch with.
- Thank your parents and your teachers.
- Help your teacher clean the classroom.

4-H Activities & Events:

Avoyelles 4-H Junior Leaders: The junior leader meeting is held the first Tuesday of each month. Junior Leaders have fun helping younger 4-H'ers and participate in numerous activities where members meet and make friends with other teenagers throughout the state. It's not too late to join. **Dues are \$25.00.**

SENIOR HONOR CORD: This award recognizes 4-H club members who are graduating this year. There is criteria for youth:

- Must be a graduating senior.
- Must have been in 4-H for 3 of the 4 high school years.
- Must have participated in at least 1 state sponsored 4-H program within the last 3 years.

Complete the online form at the following link: [Senior Honor Cords \(lsuagcenter.com\)](https://www.lsuagcenter.com/4-H/Forms/Forms%20for%20Senior%20Honor%20Cords%202021%20Form%201.pdf) Applications must be submitted by **December 6, 2021.**

GOLDEN CLOVER AWARD

This is awarded to junior 4-H members who've been in 4-H for **two years** (including this year) and are **between the ages of 9 & 14**. A point sheet must be submitted showing 4-H work through the years. Forms may be obtained from a 4-H Agent. Applications must be submitted by **December 6, 2021.**

4-H EMERALD ACHIEVEMENT AWARD

This award recognizes 4-H club members who have shown outstanding leadership ability in their club & parish. The award is based on a scorecard which measures project growth & leadership. **Applicants must be at least 16 years of age by December 1, 2021.** Forms may be obtained from a 4-H Agent. Applications must be submitted by **December 6, 2021** to the Extension Office.

Shooting Sports: This project club meets frequently to practice 6 disciplines and

culminates with a yearly regional competition. For information on upcoming practices please follow the Avoyelles 4-H Facebook page. **Dues are \$35.00.**

Cookery & Ambassador Contest-Avoyelles 4-H will hold a cookery contest to be held on November 20th at the 4-H office. 9:00-9:30 AM registration. 9:30-11:00 AM Judging of dishes. Awards at 11:00 AM.

https://drive.google.com/file/d/13iG9kvoajjPYivQ7U_khQuqZc-bqtaZi/view?usp=sharing or visit the QR code below for the rules.



Categories: Eggs, Pecans, and Sweet Potatoes. Participants must compete as individuals (one 4-H'er per food dish). **Only 1/2 the dish must be exhibited with recipe attached. Dish must be exhibited/displayed in a disposable container** (after judging, dishes will not be returned). Include name, school, and grade on back of recipe. Food dishes should be cooked and prepared at home. You may enter one dish in each category.

Food Exhibit Categories – 1 dish per category

- **Egg Division: Appetizer/Salad, Main Dish, Dessert** – Make a dish containing **at least 4 eggs**. This can be 4 whites, 4 yolks or 4 whole eggs. No raw eggs will be allowed in the final product.
- **Pecan Division: Candy, Dessert, Other** – Make a dish containing **at least 1 cup** of pecans.
- **Sweet Potato Division: Dessert & Other** - Make a dish containing **at least 1 cup** of sweet potatoes.

Livestock

For information concerning Livestock, contact Justin Dufour @ (318) 964-2249, or email jdufour@agcenter.lsu.edu. **Please note: Given the health concerns with COVID-19 there is no guarantee that the Central District Livestock Show will occur as advertised. With that in mind all livestock show participants and families should note that purchase and/or validation of animals is at their own risk and financial investment.**

Due to concerns with COVID-19, schedules and times are subject to be changed by Show Management!

2022 LSU AgCenter State Livestock Show Market & Commercial Validation/Possession

Deadlines:

Beef & Dairy Commercial Heifers, Market Lambs & Commercial Ewes, Market Goats & Commercial Does: November 8, 2021

Must be validated by exhibitor and submitted to Parish LSU AgCenter Office on or by November 1, 2021 @ 4:30 pm.

Market & Commercial Hogs: December 1, 2021

Must be validated by exhibitor and submitted to Parish LSU AgCenter Office on or by December 1, 2021 @ 4:30 pm.

2022 LSU AgCenter State Livestock Show Breeding Animal Possession Deadlines:

November 1, 2021: Beef, Sheep, Goat and Dairy Breeding November 1, 2021: Miniature Cattle

December 1, 2021: Swine Breeding

Exhibitor Responsibility:

1. Animals must be in continuous possession of exhibitor from time of validation until the LSU AgCenter State Livestock Show. See rules in the 2021-22 LSU AgCenter State Livestock Show catalog or consult the livestock show manager for specific possession rules.

2. Exhibitors should request validation kits from agents and ag teachers as per parish guidelines. Each parish LSU AgCenter 4-H office will supply validation kits to exhibitors upon request.

3. Validation will consist of ear tagging animal and pulling a hair sample; hair sample should be placed in a properly identified validation envelope for each animal validated. Validation envelopes must be returned to local LSU AgCenter office with validation fee by specified deadline. The responsibility of tagging animals and collecting DNA/hair samples will be that of the exhibitor and/or parent. Agents/AG Teachers MAY be present and can assist.

4. Animals previously tagged for the 2021 Louisiana State Fair may utilize the State Fair Tag to complete LSU AgCenter State Show validations. All animals must be tagged with either an LSU Tag or State Fair tag to be validated. (New hair samples must be submitted to LSU AgCenter for all animals previously validated for the State Fair)

5. Animals must be validated in either the exhibitors name or in family name (Family consist of parents, legal guardians, brothers, and sisters). When official entry forms are turned in at the parish level animals validated in family name must be entered in the name of the exhibitor that will show the animal at District and State Livestock Shows.

LOUISIANA 4-H RECORDS CONTEST:

Record keeping is an important part of every 4-H educational project. Records show what you have done and learned during your 4-H club work. The 4-H portfolio form, available through the link below, is designed to help you keep your records and other supporting materials in an orderly manner. Record books that are completed and turned in to the Avoyelles Extension office will be judged, and recognition/awards will be given for these books at awards night in the spring. Keep this book from year to year and add to it. You may include up to three years of 4-H work in your portfolio. Many awards, educational trips and college scholarships are given to club members on the basis of their records and project work.

This 4-H competition provides an opportunity for students to cultivate their record-keeping skills. The goal is for participants to engage and reflect on their 4-H involvement while sharpening their written communication and organization skills.

State contest participants compete for cash awards and various educational trips, such as the Louisiana educational trip, National 4-H Congress, and the Orlando leadership institute trip.

[Member Portfolios \(lsuagcenter.com\)](https://lsuagcenter.com) or scan the QR code



What is the purpose of a Record Book?

- Record books help 4-H members to set goals, track progress, and reflect on their accomplishments. Helps with personal growth.
- Provides an organized way of keeping all leadership activities, awards, and citizenship activities organized in preparation for future scholarship opportunities, personal portfolios, and career development.
- Provide feedback and encouragement about their skills and development.
- Tracks 4-H member's progress towards mastering a particular project area.
- A way for 4-H members to get acknowledgment and recognition for their hard work. State-level awards are cash prizes and trips!
- Opportunity for next-level competition.

4-H Enrollment: Children can still enroll in 4-H by visiting the link: lsuagcenter.com/4henroll

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. If you have a disability that requires special accommodation for your participation in an activity, please contact us at 318-964-2245.

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Avoyelles Parish Chair

The LSU AgCenter and LSU provides equal opportunities in employment and programs.