



INSPIRE KIDS TODAY,
GROW **TRUE LEADERS** OF TOMORROW



Calcasieu Parish 4-H Parent Guide



innovate . educate . improve lives

for the latest research-based information on just about anything, visit our Web site at www.lsuagcenter.com

Cooperative Extension Service

Calcasieu Parish

7101 Gulf Hwy
Lake Charles, LA 70607
Phone: 337/721-4080
www.lsuagcenter.com

Dear 4-H Parent/Guardian,

Congratulations and thank you for investing in your youth by allowing them to join Calcasieu Parish 4-H! As we navigate the new year, your role as an adult in their 4-H journey is an important one. You are now part of a youth leadership program with over 1,200 other families within Calcasieu Parish to raise the leaders of today and tomorrow.

This handbook is comprised of everything you need to know about parish and state opportunities in your new role as a 4-H family. Of course, there will be some new events or information pop up and that's when it is important to keep track of your 4-H Online accounts because most information will be sent via email to the family email address provided there. Also, keep up with our social media on Facebook @ Calcasieu Parish 4-H and Instagram @calparish4h. 4-H believes in the power of youth learning by doing. The contests and events we hold are there for the purpose of youth and adults working together to engage in an educational and fun experience. We hope by sharing these guidelines you can help your 4-H member have a successful experience as they navigate their way through new adventures.

If at any time you have questions or concerns, please feel free to reach out to any of the 4-H Agents within the parish. We are looking forward to a great year in Calcasieu Parish 4-H! We hope this guide helps prepare your child for success!

Sincerely,

Jennifer Cantrell
Extension Agent
Calcasieu Parish

Carrie Lane
Extension Agent
Calcasieu Parish

Brennan Uzee
Extension Agent
Calcasieu Parish

Louisiana Cooperative Extension Service LSU AgCenter Calcasieu Parish



The LSU AgCenter is committed to providing equal opportunity for all qualified persons in admission to, participate in, or employment in the programs and activities which the AgCenter operates without regard to race, creed, color, marital state, sexual orientation, religion, sex, national origin, mental or physical disability, or veteran's status. Should you need ADA accomodation for an event, please contact the 4-H Office within an appropriate amount of time prior to the event in which accommodation is needed.



7101 Gulf Hwy
Lake Charles, LA 70607
Office Hours: 8:00 a.m. - 4:30 p.m.
Monday - Friday
Phone: (337) 721-4080

<http://www.agcenter.lsu.edu/calcasieu>

2023-2024



Calcasieu Parish 4-H Calendar

September '23						
Su	M	Tu	W	Th	F	Sa
					1	2
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February '24						
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April '24						
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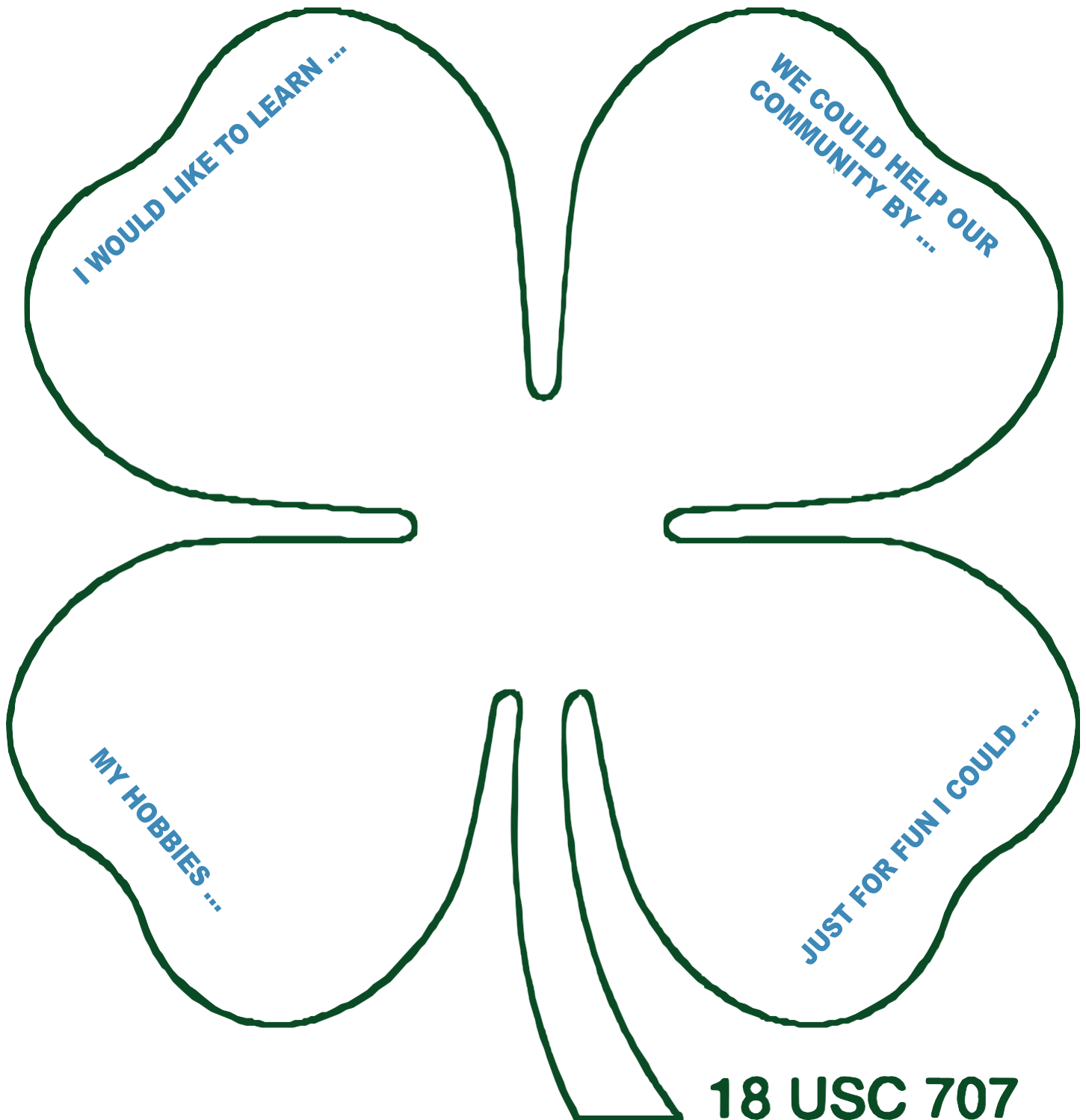
July '24						
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August '24						
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25	26	27	28	29	30	31

Sep 19	JR LEADER KICK OFF MEETING
Oct 1-7	CELEBRATE NATIONAL 4-H WEEK!
Oct 17	CLUB OFFICER TRAINING
Oct 19	SHOOTING SPORTS ENROLLMENT MTG
Oct 21	FASHION WORKSHOP
Oct 24	LIVESTOCK- POULTRY CLASSIFICATION
Oct 24	PET SHOW
Nov 01	END OF 4-H OPEN ENROLLMENT
Nov 04	FALL FASHION/COOKERY CONTEST
Nov 06	POSS DAY: GOAT, CATTLE, POULTRY, SHEEP
Nov 10	LIVESTOCK SHOWMANSHIP CLINIC
Nov 13	POSS DAY: MINI CATTLE
NOV 16-17	SW REGION CHALLENGE CAMP
Dec 04	POSS DATE: SWINE
Dec 12	SW REGION AG CAREER DAY
Dec 16	WINTER CONEST DAY (PUBLIC SPEAKING)
Dec 21	WINTER CRAFT WORKSHOP
JAN 17-20	PARISH LIVESTOCK SHOW
Jan 27	PARISH LIVESTOCK SHOW SALE
JAN 30-3	SW DISTRICT LIVESTOCK SHOW&RODEO
Feb 12	MARDI GRAS HEALTHY LIVING WORKSHOP
Feb 10-17	LSU State Livestock Show
Mar 04	AREA COOKERY CONTEST
Mar 7-9	JUNIOR LEADER CONFERENCE (JLC)
Mar 28	PHOTOGRAPHY&GRAPHIC DESIGN CONT.
Apr 04	SPRING CONTEST DAY
Apr 15	RECORD BOOKS DUE
Apr 15	OUTSTANDING CLUB/MEMBER FORMS
May	ACHIEVEMENT DAY
June 18-22	4-H UNIVERSITY
July	4TH-6TH SUMMER CAMP

Project Club schedules will be given to members when they join Horse Club, Jr Leaders, Shooting Sports, Livestock Leadership Club.

DESIGN YOUR OWN CLOVER!



4-H MEMBER _____



Visit our website: www.LSUAgCenter.com/4H

William B. Richardson, LSU Vice President for Agriculture, Louisiana State University Agricultural Center,
Louisiana Agricultural Experiment Station, Louisiana Cooperative Extension Service, LSU College of Agriculture
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The LSU AgCenter and LSU provide equal opportunities in programs and employment.

FACTS

AbOuT 4-H

What is 4-H?

4-H is a dynamic nonformal education program primarily for youth in fourth through twelfth grade. While 4-H is cocurricular (which means clubs can meet during the school day), it is also an out-of-school program. In Louisiana, 4-H programs are administered through the LSU AgCenter and Southern University. On the national level, 4-H is administered through the U.S. Department of Agriculture. The program receives funding through federal, state, and local tax dollars. The program is also classified as a non-profit organization by the IRS. We have a National 4-H Council (in Chevy Chase, Maryland), the Louisiana 4-H Foundation and parish 4-H foundations to which people can make tax-deductible contributions.

Volunteers who serve as 4-H leaders are considered lay faculty members of the LSU AgCenter. Through the parish extension office, these volunteers have access to research and resulting curricula developed to have the greatest positive impact on youth.

4-H is America's largest nonformal educational program for youth. More than 6 million youth participate in 4-H under the guidance of 600,000 extension-trained volunteer leaders. It is estimated that nearly 36 million American adults are former 4-H members.

Every state has a team of 4-H youth development staff and subject matter specialists as part of the university's Extension Service. Work in the parishes is directed by Extension youth development professionals, who are often called 4-H agents. Volunteer leaders are instrumental in providing direct leadership and educational support to youth in local communities.

4-H in Louisiana

4-H membership is available to all Louisiana boys and girls in grades four through 12. 4-H members are in every parish, numbering approximately 170,000-plus statewide. Although some may see 4-H as a rural youth organization, today's 4-H members live everywhere.

In Louisiana, about 55% live in small towns (under 10,000), or rural areas; another 15% live in towns and cities with populations of 10-50,000; nearly 30% live in suburbs or cities with more than 50,000.

4-H Clubs

Since 4-H is cocurricular, most 4-H clubs meet once a month during the school day. Project groups within the school club may meet at another time during the month either in school or during out-of-school hours. Some clubs meet outside of schools. A project club is a group of 4-H members working

with an adult volunteer leader on a single project, such as clothing, horses or gardening. Some clubs are organized to include more than one project, such as a 4-H livestock club that includes members with projects in beef, sheep, swine, goats, dairy and poultry.

There are also many 4-H community clubs in Louisiana. Members of these clubs meet together for special programs. Members are enrolled in a wide variety of projects. The community club leader provides overall leadership, but other volunteers work with the members and their projects. These clubs often meet in after-school facilities or community locations.

4-H Projects

4-H members may choose from several different projects offered statewide. Projects are grouped into areas such as animal science, environmental education, energy and

FACTS

AbOuT 4-H

machines, health/foods/fitness, child development and family life, and personal development.

4-H projects are built around three important principles:

1) subject matter knowledge and skills, 2) personal development, and 3) social interaction among people of different backgrounds, experiences, and ages.

Projects are real-life experiences that help 4-H'ers learn to make decisions. These decisions help members feel responsible for their own actions and lead to personal satisfaction. Members also develop good work habits and learn to work with others, sharing ideas and helping each other. Most project work is done in or near the home so the family can work and be together. 4-H is also about developing leadership skills and character.

4-H Activities

4-H is fun! Members not only belong to clubs but may also participate in activities such as fairs, parish contests, achievement days, club exchanges and special area and statewide events like Marsh Maneuvers, Challenge Camps and the annual 4-H University held on the LSU campus in Baton Rouge. These activities are designed to supplement club and project experiences. They offer opportunities to learn knowledge and practice skills beyond the opportunities available in the local club. They also provide a means for members to meet 4-H'ers from other clubs, communities, and parishes.

4-H Outreach

Because of its association with the land-grant university system, 4-H project curricula are content-rich in research and other useful information. The curricula complement classroom instruction by providing participants with a hands-on way to apply new knowledge, attitudes, and skills.

4-H school enrichment programs consist of four to six sessions that provide at least six hours of learning. The learning activities are presented by classroom teachers or community volunteers. School enrichment programs are relatively new. The current curriculum is available in character education, personal financial management, environmental education, and embryology. Additional topics will be added each year.

Although school clubs are the primary delivery system, Louisiana 4-H reaches young people in a variety of other ways as well. For example, 4-H is a part of the youth phase of the Expanded Food and Nutrition Education Program

(EFNEP). This program is designed to teach essential nutrition to members of families with limited incomes.

4-H Develops Life Skills

What Are Life Skills?

Life skills are tools we use to cope with daily circumstances, make important decisions, and enhance the quality of our lives. Life skills help people in social, academic, and career settings throughout their lives. 4-H youth development programs have a long tradition of providing individuals with the means for developing life skills. 4-H agents, volunteer leaders, and parents contribute to this tradition.

Individuals must be able to make decisions affecting their daily lives and their futures. They must be able to build mutually beneficial relationships and become productive members of society. They must be able to plan, solve problems, manage resources, and communicate to succeed in life and contribute to their communities.

The 4-H Youth Development Program enables youth to gain social skills by working with others, learning through projects, and spending leisure time with peers and adults. Youth develop interests and abilities through project work, doing community service-learning activities, and practicing leadership responsibilities. Exposure to diverse learning activities helps youth to discover lifelong interests for leisure activities as well as exposure to possible career choices.

4-H International

4-H has grown beyond the United States to nearly all parts of the world. The 4-H model for youth development has been used in more than 80 countries. Today you can find 4-H programs in Africa, Europe and Central and South America.

Volunteer Leaders

Adult volunteer leaders are the mainstay of the 4-H program. Each year over 6,000 adults volunteer their time and talents to help Louisiana 4-H members. In addition, approximately 2,000 teens serve in volunteer roles.

4-H leaders learn along with 4-H members as Extension agents and specialists keep them informed about new information and research. Not only do leaders learn more about the subject they are teaching, but they learn about teaching techniques and working with people. For this reason, 4-H is often referred to as a youth development program as well as an adult education program.

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AbOuT 4-H

Although most volunteers lead clubs or project groups, there are other leadership roles in Louisiana 4-H. Some volunteers may assist Extension agents in recruiting members or other volunteers or organizing 4-H work in a particular geographic area. Others are resource leaders, sharing their skills with club leaders. Still, others share their talents as activity leaders for camps and special programs or committee members involved in program planning with 4-H staff.

Extension staff provide training and support for volunteers and are responsible for program direction and the educational aspects of programming. Volunteers are key to program delivery as they transmit information and share their skills in direct contact with youth.

The Four H's

The four H's stand for Head, Heart, Hands, and Health, representing the four-fold training and development that 4-H members receive. "Head, heart and hands" was a familiar phrase with public speakers in the early 1900s. With these three words, educators expressed the liberalizing of conventional education (the three R's) to include practical arts (the three H's).

The three H's were adopted by program organizers to reflect the educational theme of 4-H. A fourth H, for Health, was added several years later. Together the four H's symbolize the development of: the Head, to think, plan and reason; the Heart, to be concerned with the welfare of others, accept the responsibilities of citizenship and develop positive attitudes; the Hands, to be useful, helpful and skillful; and Health, to practice healthful living, enjoy life and use leisure time productively.

The 4-H Emblem

The national 4-H emblem is a green four-leaf clover with the letter H on each leaf. The design, attributed to O.H. Benson, an Iowa school superintendent, was adopted as the national emblem in 1911. Congress has twice passed legislation since that time protecting the 4-H name and emblem. Similar to a copyright, this protection means that the 4-H name and emblem cannot be used without being authorized by the Secretary of Agriculture and national program leaders at USDA, the state director of Extension state 4-H program leaders and 4-H agents.



4-H Colors

Green and white are the 4-H colors. Green is emblematic of springtime, life, and youth; white symbolizes high ideals.

The 4-H Motto

The 4-H motto is "To make the best better." Proposed by Carrie Harrison, a botanist with the U.S. Bureau of Plant Industry, it was adopted in 1927 when the 4-H pledge was introduced.

The 4-H Pledge

I pledge

My Head to clearer thinking (line 1)

My Heart to greater loyalty (line 2)

My Hands to larger service and (line 3)

My Health to better living (line 4)

For my club, my community, my country, and my world.

In repeating the pledge, members raise their right hands to the side of their heads when speaking line 1; lower hands to the heart when speaking line 2; extend hands, palms upward, when speaking line 3; and stand straight when speaking lines 4 and 5.

The pledge was adopted in 1927 during the first National 4-H Club Camp in Washington, D.C. Otis Hall, state 4-H leader in Kansas, was responsible for the original wording, which remained unchanged until 1973 when the words "and my world" were added.

FACTS

AbOuT 4-H

How it began

What is now 4-H began in 1902, when boys' and girls' agricultural clubs seemed to organize in many different places simultaneously. These early efforts were associated with rural schools or through "Farmers' Institutes" organized by agricultural colleges to bring the latest scientific information to farmers and their families. The first states to become involved were New York, Ohio, Texas, Nebraska, Illinois and Oregon. Louisiana's first 4-H Club, originally called a Corn Club, was started in 1908 at Avoyelles High School in nearby Moreauville.

In 1914 the U.S. Congress passed the Smith-Lever Act, formally establishing extension work on a cooperative basis among the U.S. Department of Agriculture, the state land-grant colleges, and counties in each state. Funds were included for youth programs that became known as 4-H in 1924. At that time, boys' and girls' industrial clubs were redirected along the lines of 4-H in other states. Boys enrolled in projects in farm clubs, and girls enrolled in sewing, cooking and canning clubs.

After Smith-Lever funds became available to Louisiana State University in 1914, the Louisiana Cooperative Extension Service was given the responsibility for club work under an agreement with the Louisiana Department of Education, which incorporated 4-H programming into the school system and created the first 4-H school club.

Around the 1950s, 4-H went through several changes nationally as it expanded into urban areas. Programming became more focused on life skill development and helping

youth become contributing, productive, and self-directed members of society. Additionally, clubs became more inclusive and integrated.

Today, 4-H has an expansive reach, serving youth in rural, urban, and suburban communities. Since 1914 more than 40 million youth from the United States, Puerto Rico, the Virgin Islands, and Guam have participated in 4-H programs. 4-H members worldwide are now tackling national and global issues, from food security to childhood obesity and food safety. From agricultural and animal sciences to rocketry, robotics, environmental protection, and computer science – 4-H programming enables youth around the world to take on the leading challenges of the 21st century.

TO MAKE THE BEST BETTER



HEAD



HEART



HANDS



HEALTH



Visit our website: www.LSUAgCenter.com/4H

William B. Richardson, LSU Vice President for Agriculture, Louisiana State University Agricultural Center,
Louisiana Agricultural Experiment Station, Louisiana Cooperative Extension Service, LSU College of Agriculture
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PARISH AWARDS AND SCHOLARSHIPS



Calcasieu Parish 4-H Awards



THIS IS THE HIGHEST HONOR AWARD CLUBS AND INDIVIDUALS CAN ACHIEVE IN CALCASIEU PARISH 4-H. PLEASE HELP ENCOURAGE YOUR MEMBERS TO PARTICIPATE. AWARDS ARE PRESENTED IN FRONT OF ALL CLUBS DURING ACHIEVMENT DAY AT THE END OF THE YEAR.

High Point Awards

A. High Point Club - The total number of points that each club accumulates in all qualifying contests will be tabulated. The club in each division accumulating the highest number of points will receive a High Point trophy. A second and third place recognition and a group of "Honorable Mentions" (where recognition is deserved) will also be given.

NOTE: Clubs who have mixed age divisions will compete in the age division that includes the largest number of 4-Hers enrolled. Clubs who have mixed age divisions must be in the same school or must have the approval of the 4-H office when organized.

B. High Point Individual (Boy and Girl) - One boy and one girl in each age division accumulating the highest number of points in all qualifying contests will receive a High Point trophy. Second and third place recognition (both boys and girls) and a group of "Honorable Mentions" (where recognition is deserved) will also be given. All 4-H members are eligible to compete for this award and may receive the award more than once in an age division.

Outstanding Awards

A. Outstanding Club - One or more clubs in each age division will receive an Outstanding Club award. Areas for judging outstanding clubs include 4-H activities, community service projects and community study activities. Emphasis is placed on the quality of the club's total program and not necessarily on the quantity of things done. Activities covered on the Outstanding Club application form must be from the current club year. A club may win this award as many times as they are deemed worthy of it. If no club in a given division is deemed worthy of the award, no certificate will be given in that division for that year.

B. Outstanding Individual - (Boy or Girl) - Ten percent of the total enrollment for each club may be nominated. The leader will determine the number of boy and girl entries for the club. Areas for judging Outstanding Boy or Girl include 4-H project work, contest participation, community service, leadership activities, and enthusiasm for the 4-H program. Emphasis is placed on quality and not necessarily quantity of activities done, or prizes won. An individual may win this award only once in each division. A group of "Honorable Mentions" (where recognition is deserved) will also be given.

Note: Forms will be provided for the 4-H members to complete and return to the 4-H leader. Forms are due in the 4-H Office no later than 4:30 p.m. of the current club year due date. The 4-H staff also has the option to nominate worthy clubs or individuals not nominated by leaders/volunteers from the community.

These forms can be found on our website: www.lsuagcenter.com/calcasieu, in the back of this guide, and will be emailed out closer to the due date.

Outstanding 4-H Member Application

Member Name: _____ **Club:** _____ **Grade:** _____

Application may be filled out by the club leader or by the club member themselves. All applications should be signed by the school club leader prior to submission. DUE APRIL 15TH BY 4:30 PM.

Contest/Activity	Participation (Y/N)	Placing (1st—HM)
Showmanship clinic		
Club officer training		
Pet Show		
Crab Cookery		
Oyster Cookery		
Shrimp Cookery		
Crawfish Cookery		
Fish/Other Seafood Cookery		
Bento Cookery		
Sweet Potato Main Cookery		
Sweet Potato Side Cookery		
Sweet Potato Dessert Cookery		
Sugar Cookery (Baked)		
Sugar Cookery (non-baked)		
Rice Dessert Cookery		
Rice Side Cookery		
Rice Main Dish Cookery		
Beef Low Calorie Cookery		
Beef Quick and Easy Cookery		
Beef One Dish Cookery		
Apron sewing (elementary only) Skirt Sewing (elementary only)		
Skirt and Blouse sewing (junior only) Upcycled fashion (junior only)		
Upcycled fashion (senior only) It's Sew You (senior only)		

Contest/Activity	Participation (Y/N)	Placing (1st—HM)
Sports broadcasting		
Personal Development		
Civic Engagement Demonstration		
Healthy Living Demonstration		
STEM Demonstration		
Civic Engagement Illustrated Talk		
Healthy Living Illustrated Talk		
STEM Illustrated Talk		
Public Speaking—General		
Public Speaking—CO OP		
Visual Arts—Chalk, Carbon, Pigment		
Visual Arts—Fiber		
Visual Arts—Scrapbooking		
Horticulture ID		
Insect ID		
Photography Contest		
Graphic Design Contest		
Premier Exhibitor Contest		
District Livestock Show (market/showmanship)		
State Livestock Show (market/showmanship)		
Regional Shooting Sports		
State Shooting Sports		

On a separate sheet of paper please answer the following in complete sentences:

1. List major leadership activities member has been involved in
2. List club sponsored community service or service learning activities member participated in
3. Did the 4-H member submit a record book for the previous and/or current year?

Leader's Signature: _____ Date: _____

Agent's Signature: _____ Date: _____

Parish Scholarship Opportunities

Scholarships are awarded each year to graduating seniors who have been active in leadership programs, community service activities and project work. Contact the 4-H Office in February for applications. The scholarships are:

NAME	AMOUNT	QUALIFIERS
Calcasieu Parish 4-H Foundation	\$500.00	Graduating seniors
Calcasieu Parish 4-H Foundation	\$500.00	Graduating seniors
Scott Tractor	\$500.00	Graduating Seniors
State 4-H Foundation	\$100.00	Graduating Seniors
State 4-H Foundation	Various	Graduating Seniors
Phillips 66 Livestock Award	\$1,000.00	Livestock Exhibitors (4th– 12 grades)
Renee Belaire Terrell Memorial	\$1,000.00	Shooting Sports; graduating seniors attending college, university or technical school in Louisiana
J.C. Guidry Livestock	\$500.00	Graduating Senior Livestock Exhibitors
Brody Meaux Memorial	\$500.00	Graduating Senior Livestock Exhibitors

The Calcasieu Parish 4-H Scholarship awards are judged based on the application sent for the State awards.

One application will apply you for the following:

1. Parish Foundation Scholarships (2)
2. Scott Tractor
3. Sate 4-H Foundation (2)

Separate applications and/or interviews are required for:

1. Phillips 66
2. Terrell Memorial
3. Brody Meaux Memorial
4. J.C. Guidry Memorial

STATE LEADERSHIP OPPORTUNITIES



State Leadership Opportunities

Each parish is allowed to have three applicants per board. Each applicant is only allowed to *apply* for two boards but may only serve on one State Leadership Board. Youth selected to serve on a state leadership board may also serve as an Equine or Livestock Ambassador but not a Wetland Ambassador. Shooting Sports Ambassadors is considered a State Leadership Board. State Boards are open to 4-H members in the 8th - 12th grades.



Explores opportunities for citizenship and cultural awareness on local, state, and national levels.



Plan and implement the Junior Leadership Conference and 4-H University. Members represent Louisiana at Parish, Regional and State events.



Develop programs that provide opportunities to explore careers in fashion, textile science, apparel design, merchandising and more!



Plan and implement healthy living relating programs that provide life skills related to food, nutrition, fitness and overall health.



Serve as spokespersons for the 4-H Shooting Sports program at the parish, regional, state, and national levels.



Empower members with tools needed to explore, create, and gain experience in the fields of SET.

State Leadership Opportunities

Each parish is allowed to have three applicants per board. Each applicant is only allowed to *apply* for two boards but may only serve on one State Leadership Board. Youth selected to serve on a state leadership board may also serve as an Equine or Livestock Ambassador but not a Wetland Ambassador. Shooting Sports Ambassadors is considered a State Leadership Board. State Ambassador positions are available to members in 8th - 12th grades.



This program provides an opportunity for 4-H youth in grades 9th—12th to be empowered with knowledge of the Equine industry in order to serve as strong advocates



A statewide leadership program for 4-H members that provides an opportunity to build and apply leadership and professional skills



This program inspires youth to become leaders for wetland-related issues in their community by promoting wetlands literacy.

4-H University

Each year 4-H members who are **8th-12th grade** are eligible to attend 4-H University on the campus of LSU and A&M College in Baton Rouge to demonstrate their skills in more than 30 competitive events, workshops, and educational sessions. It is a culmination of a 4-H member's year of hard work and dedication. Through competing, youth demonstrate life skills in teamwork, decision making, problem solving, resiliency, and many more. Each competitive event allots youth an opportunity for personal growth, skill mastery, and other life skills vital to functioning members of society. Available contests are listed below.



4-H HAS TALENT	ATV SAFETY	AUTOMOTIVE CARE
CIVIC ENGAGEMENT DEMONSTRATION	CONSUMER DECISION MAKING	CONSUMER FOODS JUDGING
FASHION—READY TO WEAR	FISHING SPORTS	HEALTHY LIVING ILLUSTRATED TALK
LIVESTOCK JUDGING	MEAT ID AND EVALUATION	NEXT HEALTHY FOOD STAR
PLANT ID AND EVALUATION	POULTRY JUDGING	GRAPHIC DESIGN
SPORTS BROADCASTING	STEM ILLUSTRATED TALK	STEM DEMONSTRATION
VET SET GEAX	VISUAL ARTS	TURF MANAGMENT
CAREER PREP	CHILD DEVELOPMENT	CIVIC ENGAGEMENT ILLUSTRATED
ESPORTS	FASHION—ITS SEW YOU	FASHION—UPCYCLED
HEALTHY LIVING DEMONSTRATION	HORTICULTURE EVALUATION	INSECT ID
OUTDOOR SKILLS	PERSONAL TRAINER	PHOTOGRAPHY
PUBLIC SPEAKING—ANY	PUBLIC SPEAKING—COOPERATIVES	ROBOTICS
TEENS DRIVING TEENS	TIGER TANK	TRACTOR OPERATIONS

LIVESTOCK AND HORSE INFORMATION



Calcasieu 4-H Livestock Project Activities

Calcasieu Parish Jr. Livestock Show



About the Livestock Project

The 4-H Livestock project allows youth to learn leadership, citizenship, and life skills through hands-on learning opportunities. A child raises an animal while learning about the science and responsibility that goes into the care of that species. They then get to show off that animal at the parish, district, and state livestock show with their peers. They have the chance to win prizes and scholarships while learning teamwork with their friends and mentors from around the parish. Participants gain independent responsibility, knowledge of production agriculture, and science through their projects. Youth can participate in the following project areas: Beef Cattle, Miniature Cattle, Dairy Cattle, Goat, Chickens, Rabbit, Sheep, and Swine. For more information on how you can help a child become involved with a livestock project please contact the 4-H office. Your agents would be happy to help the kids decide a livestock project that fits their families needs.

LSU AGCENTER LIVESTOCK SHOW DATES

Calcasieu Parish Jr. Livestock Show, Burton Coliseum: January 17 - 20, 2024

Calcasieu Parish Junior Livestock Sale: January 28, 2023

Southwest District Livestock Show, Burton Coliseum: January 30 - February 3, 2024

LSU Junior Livestock Show: February 10 - 17, 2024

State Rabbit Show: March, 2024 @ State Evac Shelter in Alexandria

In order to exhibit a livestock project in LSU AgCenter livestock shows a 4-H member must validate their project. This means to show they have possession of the animal for a certain period of time. Showing possession looks different for each species and if any exhibitor and their family has any question you as a leader can assist them. Or if you are unsure of the answer yourself you may reach out to an agent to learn more. The deadlines and guidelines are below.

Validation/Possession Deadlines:

Steers: August 14, 2023

Must be validated by exhibitor and submitted to Parish LSU AgCenter Office on or by August 14th, 2023 @4:30pm.

Beef & Dairy Commercial Heifers, Market lambs & Commercial Ewes, Market Goats & Commercial Does: November 6, 2023

Must be validated by exhibitor and submitted to Parish LSU AgCenter Office on or by November 6th, 2023 @ 4:30pm.

Market & Commercial Hogs: December 4, 2023

Must be validated by exhibitor and submitted to Parish LSU AgCenter Office on or by December 4th, 2023 @ 4:30pm.

Exhibitor Responsibility:

- a. Animals must be in continuous possession of exhibitor from time of validation until the LSU AgCenter State Livestock Show. See rules in 2023-24 LSU AgCenter State Livestock Show catalog or consult the livestock show manager for specific possession rules.
- b. Exhibitors should request validation kits from agents and FFA advisors as per parish guidelines. Each parish LSU AgCenter 4-H office will supply validation kits to exhibitors upon request.
- c. Validation will consist of:
 - i. Ear tagging animal.
 - ii. Collecting hair sample and/or DNA sample; hair sample should be placed in a properly identified validation envelope for each animal validated. Validation envelope must be returned to local LSU AgCenter office with validation fee by specified deadline.
 - iii. Exhibitor entering animal information into the 4-H Online system on or before deadline.

Calcasieu Parish Jr. Livestock Show



The responsibility of entering animal info into 4-H online, ear tagging animals, and collecting DNA and/or 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 2023 Louisiana State Fair may utilize the State Fair TAG to complete LSU AgCenter State Show validations. New DNA 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 the 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 the District and State Livestock Shows.**

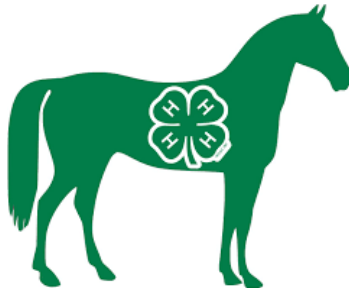
2024 LSU AgCenter State Livestock Show Breeding Animal Possession Dates.

November 6, 2023: Beef, Sheep, Goat, Dairy Breeding, and Exhibition Poultry.

November 13, 2023: Miniature Cattle

December 4, 2023: Swine Breeding

LSU AGCENTER HORSE PROJECTS/SHOW



Exhibitors can compete in events like western pleasure, halter, hunter under saddle, and barrel racing, to name a few. The district and State 4-H horse shows are held each summer. The horse project encourages leadership skills, healthy competition, teamwork, and science knowledge as exhibitors raise and train their horses for competition.

Southwest District Horse Show – TBA

State Horse Show – TBA

Possession Dates

EXHIBITORS MUST HAVE HORSES ENTERED IN 4-H ONLINE BY POSSESSION DATE IN ORDER FOR THE PROJECT TO BE VALIDATED.

Horses (on your property)	April 1, 2024
Grade Horse Certificates must be done by	April 1, 2024
Must be registered in your name by	April 1, 2024
Entry Deadline	TBA



Whether you grew up with horses or simply have always loved them from afar, you can learn a lot in the horse project! This project offers activities in horsemanship, horse development and training. You can compete with your horse through breed and event associations. Or you can be the judge as you learn to compete in horse judging!

The horse project is a great way to be able to gain valuable experience and skills through engaging activities like showing and horse judging. There are so many great skills learned through this program.

In this project you will learn:

- Responsibility
- Proper nutrition
- Proper care for your animal
- Decision making
- Career and industry opportunities

And you can also learn through various other opportunities:

- Public Speaking
- Leadership
- Community Service

You don't have to own a horse to be involved with this project. Consider horse judging, speaking, or horse demonstration competition!

Open to all registered 4-H members grades 4th—12th in Calcasieu Parish. The club will meet monthly beginning in December until June.

Contact Mrs. Carrie or Mr. Brennan for more information



Camping Opportunities



4-H Summer Camp (4th—6th grades)

Our summer camp program continues to be a beloved tradition for the 4-H youth in Louisiana. As we embark on our 100th year of camping, we continue to offer every camper the opportunity to gain new experiences and independence, learn to appreciate the outdoors, form friendships, and have a chance to participate in educational tracks and recreational activities.

4-H LOST Camp (7th and 8th grades)

Campers enjoy interactive recreational activities such as swimming, canoeing/kayaking, archery, volleyball, dancing, arts and crafts, and much more. While at 4-H LOST Camp, campers select 3 educational tracks in which they participate in fun activities each morning that are focused on that area. The tracks include videography, wetlands, outdoor adventures, SET (science, engineering, and technology), and more!

Marsh Maneuvers (9th—12th grades)

This program takes place over four weeks during the summer, with a new group of 4-H students participating in each four-day session. Since 1989, over 1700 students have participated in the program.

Marsh Maneuvers is an educational program of the LSU AgCenter in cooperation with the Louisiana Sea Grant College Program, Louisiana Department of Wildlife and Fisheries, and McIlhenny Co.

Shooting Sports Camp (9—13 years old)

Participants will choose one of the following: Archery, Shotgun, .22 Rifle or Air Rifle/Air Pistol/BB (Combined). Parents and coaches are welcome to attend but it is not mandatory. All youth will be required to bring their own bow/firearm and arrows/ammo.

Challenge Camp (7th and 8th grades)

Overnight camp opportunity allowing members to participate in leadership and teambuilding activities while having fun and enjoying a camp experience during the fall.

CONTEST OPPORTUNITIES



4-H Record Keeping Contest



Tips for Assembling Your 4-H Record Book



PARISH SUBMISSIONS DUE APRIL 15TH BY 4:30PM

Record Book Cover and Section Dividers: Use a standard Acco-type fastener in a stiff 8.5" x 11" binder. Do NOT use a loose-leaf ring binder. Section dividers are optional.

All entries must be typed.

Members in the 4th—5th grades must select ONE project area/mandate in which to submit their portfolio and may also submit their discovering or exploring project book as a separate record.

Members in the 6th—8th grades must select ONE project area/mandate in which to submit their portfolio.

High School 4-H Members: *High school students are able to submit multiple Record Books- one per mandate. Each 4-H Record Book should be submitted separately and should be tailored to the specific project work/mission mandate area that you are submitting it for. (3 submissions total)*

ALL QUALIFYING RECORD BOOKS WILL ADVANCE TO THE STATE RECORDS CONTEST

The submission of the project book acquired through the 4-H mall is no longer required, the required forms are accessed at the link below.

Report year(s) of project work based on your grade level. See details below.

4th Graders: Provide a narrative summary, list, and/or chart that covers the project work you have completed in the **past year**.

5th Graders: Provide a narrative summary, list, and/or chart that covers the project work you have completed in the **past two years, maximum**.

6th-12th Graders: Provide a narrative summary, list, and/or chart that covers the project work you have completed in the **past three years, maximum**.

Fillable portfolio and resources found here: [4-H Portfolio \(lsuagcenter.com\)](http://lsuagcenter.com)

PARISH RECORD CONTEST SUBMISION CATEGORIES

CITIZENSHIP MANDATE	HEALTHY LIVING MANDATE	SCIENCE, ENGINEERING, AND TECHNOLOGY MANDATE
Awards given for 1st—3rd place; age divisions will not be separate	Awards given for 1st—3rd place; age divisions will not be separate	Awards given for 1st—3rd place; age divisions will not be separate
Citizenship	Child Development	Aerospace
Leadership	Food and Nutrition	Agronomy/plant science
Theatre Arts	Health	Clothing/textiles
Communication		Computer science
Personal Development		Environment
		Electric
		Forestry/woodworking
		Home environment
		Insects/entomology
		Machines
		Outdoor skills
		Photography
		Pet care
		Veterinary science
<p style="text-align: center;">***DISCOVERING and EXPLORING 4-H books no longer constitute a category. Members MUST select a project/mandate in which to submit their portfolio in order to compete in the records contest to qualify for the state contest.</p> <p style="text-align: center;">DISCOVERING and EXPLORING project books may be submitted as a separate record only for parish contest***</p>		<p>Livestock</p> <ul style="list-style-type: none"> ⇒ Beef ⇒ Dairy ⇒ Goats ⇒ Horse ⇒ Poultry ⇒ Rabbits ⇒ Sheep

“Paw-some” Pet Show Burton Coliseum Show Barn

**October 24, 2023
Starting at 6:00 P.M.**



The pet show is open to all 4-H members grades 4th - 8th. Each member will receive a rosette ribbon with award won during the show.

1. Categories of pets include dogs, cats, rabbits, fowl, fish, reptiles, any other.
2. All pets should be kept under the control of the exhibitor or a parent. All animals must be kept on a leash or in a carrier.
3. Age categories WILL NOT be divided.
4. This is a "fun" pet show. It is not necessary to have a registered animal.
5. This show is open to ALL registered 4-H members.
6. No livestock animals including horses, pigs, cows, goats, or sheep (rabbits and chickens are acceptable)

Calcasieu Parish 4-H Showmanship Clinic

November 10th, 2023

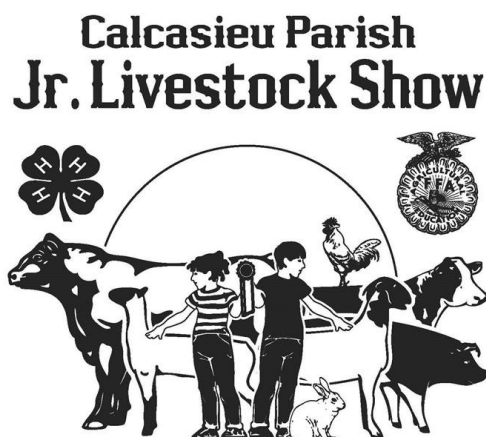
Registration 8:00 A.M.
Showmanship Clinic. 8:30 A.M. - 1:00 P.M.

Showmanship Clinic Outline

1. Open to all livestock exhibitors
2. Exhibitors will be broken into groups based on the species you show.
3. All 4-H'ers will be given the opportunity to work with livestock judges to expand their educational background on showmanship skills and their projects. The students will also be able to bring their projects to the Burton Complex and be able to practice and go through the clinic with them.

Calcasieu Parish 4-H Presents: Premier Exhibitor and Livestock Project Clinics

The new clinics are designed to help educate and promote the Premier Exhibitor contest on the Parish and State level. We will meet once a month from August to December at various locations around the parish. At each meeting we will go over a different aspect of the premier exhibitor contest and the livestock projects. We will help expand your educational background on the premier exhibitor contest and your livestock project. These clinics are open to any livestock exhibitor or students interested in the project. The dates and locations will be broadcast each month.



FALL CONTEST DAY

November 4, 2022

Location TBA

Check in begins at 9:00AM

Join Calcasieu 4-H in showing off cooking and sewing skills during our fall contest day.

Members can compete in a variety of cookery divisions and compete for a chance to win the sweepstakes prize. All sweepstakes winners will be required to attend the Area Cookery Contest in Crowley, held in the spring. Winners of the cookery contests will receive prizes for 1st and 2nd place. Certificate and ribbon awards will be presented for 1st—3rd and Honorable Mention winners. Sweepstakes winners will receive a prize along with area cookery invitation. No monetary awards will be given this year for the cookery.

There are several sewing contests available for members of all ages including apron, upcycled and creative choice! 1st place winners in each division will receive prizes, all winners in 1st—Honorable Mention will receive certificate and ribbon awards. No monetary awards will be given this year for sewing contests.

**ALL DISHES SUBMITTED MUST BE BROUGHT IN AN
ICE CHEST, ON ICE—this includes cookies, cakes,
and brownies**

****temperature checks will be conducted****

NO HOT DISHES ACCEPTED, NO EXCEPTION

**ALL DISHES MUST BE PRESENTED IN A THROW-
AWAY CONTAINER**

Sewing Contests

Elementary Division (4th—5th grade)

- Apron: Contestants will be judged on construction and appearance. Garments need to be modeled with appropriate accessories.
- Skirt: Contestants will be judged on construction and appearance. Garments need to be modeled with appropriate accessories.

Junior Division (6th—8th grade)

- Skirt and Blouse: any type of skirt; no sleeves or collar required on the blouse
- Upcycled Fashion: Garments must be made of AT LEAST 75% recycled or reused materials that would be thrown into landfills. The focus is to take recyclable items and turn them into fashion. Do not purchase or use new items. Do not use glass or glitter. No food waste.

Senior Division (9th—12th grade)

- Upcycled Fashion: Garments must be made of AT LEAST 75% recycled or reused materials that would be thrown into landfills. All entries must be a complete outfit. The focus is to take recyclable items and turn them into fashion. Do not purchase or use new items. Do not use glass or glitter. No food waste.
 - Senior members will be required to submit a 1 page data sheet on their garment. The data sheet follows this page.
 - Winners in the 8th grade will have the opportunity to represent Calcasieu Parish at 4-H University during the fashion contest.
- It's Sew You!: All entries must be a complete outfit. May be any number of pieces but may not contain more pieces than can be worn at home time. Contestants must do all construction on sewn garments. Accessories such as belts, scarves, and purses may be purchased. Contestants may use a commercially available pattern or one of their own design.
 - Senior members will be required to submit a 1 page data sheet on their garment. The data sheet follows this page.
 - Winners in the Senior division will have the opportunity to represent Calcasieu Parish at 4-H University during the fashion contest.

IT'S SEW YOU! CONTEST DATA ENTRY

SENIOR CONTESTANTS ONLY!

LAST NAME: _____ FIRST NAME: _____

SCHOOL/CLUB: _____

GRADE: _____ AGE: _____

NUMBER OF YEARS AS A 4-H MEMBER: _____

NUMBER OF YEARS COMPETING IN THE SEWING CONTEST: _____

HAVE YOU EVER ATTENDED A SEWING WORKSHOP OR FASHION CAMP? _____

TO WHAT OCCASSIONS CAN YOU WEAR THIS OUTFIT?

WHAT WAS ONE MAJOR CHALLENGE YOU EXPERIENCED WHILE SEWING YOUR OUTFIT?

WHAT DO YOU LIKE MOST ABOUT YOUR OUTFIT?

TOTAL COST: IF NOT APPLICABLE PLEASE FILL IN AS "N/A", IF NO RECEIPTS ESTIMATE COST

FABRIC (\$/YARD X # YARDS USED) \$ _____

INTERFACING (\$/YARD X # YARDS USED) \$ _____

LINING (\$/YARD X # YARDS USED) \$ _____

NOTIONS/TRIM \$ _____

PATTERNS \$ _____

TOTAL \$ _____

ESTIMATED RETAIL COST \$ _____

UPCYCLED FASHION! CONTEST DATA ENTRY

SENIOR CONTESTANTS ONLY!

LAST NAME: _____ FIRST NAME: _____

SCHOOL/CLUB: _____

GRADE: _____ AGE: _____

NUMBER OF YEARS AS A 4-H MEMBER: _____

NUMBER OF YEARS COMPETING IN THE SEWING CONTEST: _____

HAVE YOU EVER ATTENDED A SEWING WORKSHOP OR FASHION CAMP? _____

WHAT HAVE YOU LEARNED ABOUT THE IMPORTANCE OF RECYCLING?

WHAT WAS ONE MAJOR CHALLENGE YOU EXPERIENCED WHILE SEWING YOUR OUTFIT?

WHAT DO YOU LIKE MOST ABOUT YOUR OUTFIT?

LIST MATERIALS USED TO CREATE YOUR OUTFIT. WHERE DID YOU FIND THE MATERIALS?

DESCRIBE AND EXPLAIN MATERIALS USED TO HOLD ITEMS TOGETHER (EXAMPLE: PUNCHED HOLE IN PLAYING CARD AND USED SHOESTRING TO HOLD TOGETHER TO MAKE A VEST)

Cookery

General rules and expectations

ALL DISHES SUBMITTED MUST BE BROUGHT IN AN ICE CHEST, ON ICE—
this includes cookies, cakes, brownies and bento submissions

****temperature checks will be conducted—all dishes must be 40°F or
lower****

NO HOT DISHES ACCEPTED, NO EXCEPTION

ALL DISHES MUST BE PRESENTED IN A THROW-AWAY CONTAINER

**When choosing a recipe, please consider how well the dish will transport on ice,
how well it will handle the cold temperature required, and how well it will
reheat in a microwave.**

1. ALL dishes must be prepared at home
2. Creativity and originality are encouraged
3. The use of previous winning recipes is not allowed.
4. Contestant may not enter 2 dishes in the same category. Example: a contestant may enter two beef dishes but cannot enter two dishes in the low calorie category.
5. Contestants will compete for sweepstakes in each category to represent Calcasieu Parish at the area cookery in Crowley. A sweepstakes winner may be from any age division.

Food Safety: After preparation, the dish must be chilled to 40° F or lower. Plastic containers, insulated cardboard boxes, etc. are not acceptable containers to transport food (**NO EXCEPTIONS**).

Insulated pharmaceutical and floral boxes, etc. are not considered acceptable for transportation of food. Any insulated container not designed to transport food for human consumption will be disqualified.

No recipe containing raw eggs will be accepted.

Sugar Cookery

Purpose: The purpose of this contest is to promote the use of sugar derived from sugar cane, an agricultural commodity of Louisiana.

Categories:

1. **Baked:** bread, pie, cake, cookies, etc.
2. **Non—baked:** candies, icebox pie, ice cream, etc. NO part of the dessert can be baked.

Items not allowed: homemade jam, jelly, preserves, etc.

1. Recipe MUST contain **ONE CUP** of sugar (brown, granulated, or confectioners; Louisiana sourced sugars are encouraged)
2. Bring one copy of a **TYPED** recipe to the contest. Contestant name, school, grade must be on the **BACK** of the recipe.
3. There can be **NO raw eggs** in the final product.
4. **Food should be exhibited in a normal sized disposable serving container, not to exceed 18" to allow adequate space for all entries.** No placemats, flower arrangements, etc. allowed. No serving utensils allowed. Non-edible items are not to be used as garnish.
5. CONTESTANTS SHOULD SUBMIT TWO (2) SERVINGS OF THE DISH FOR JUDGING
6. The recipe will be evaluated on the following:
 - Name of recipe
 - Ingredients listed in order of use in the directions
 - Includes size and weight of cans, packages, etc.
 - Clear instructions
 - Size of pan, dish state
 - Temperature and cooking time stated
 - Number of servings given
 - Dish meets division requirements.

Seafood Cookery

Purpose: For 4-H club members to become aware of the economic value of the seafood industry to the state of Louisiana, to understand current research-based dietary information and to use recommended buying, storing and cooking principles.

Categories:

1. Oyster
 2. Crab
 3. Shrimp
 4. Crawfish
 5. Fish and other seafood (**LOUISIANA** seafood not listed in other divisions)
- 1) Recipe **MUST** use at least one (1) CUP of seafood. Seafood may be fresh, frozen, pasteurized, or dried. **CANNED SEAFOOD IS NOT ACCEPABLE.** Surimi, artificial crab made from fish **CANNOT** be used. **NO** raw seafood in the final dish.
 - 2) Entries may contain a **SMALL** amount of a second seafood but no more than **1/2** the amount of the primary seafood. **ALL SEAFOOD USED IN THE CONTEST MUST BE LISTED ON THE ATTACHED LOUISIANA SEAFOOD LIST.**
 - 3) Bring one copy of a **TYPED** recipe to the contest. Contestant name, school, grade must be on the **BACK** of the recipe.
 - 4) **Food should be exhibited in a normal sized disposable serving container, not to exceed 18" to allow adequate space for all entries.** No placemats, flower arrangements, etc. allowed. No serving utensils allowed. Non-edible items are not to be used as garnish.
 - 5) **CONTESTANTS SHOULD SUBMIT TWO (2) SERVINGS OF THE DISH FOR JUDGING**
 - 6) The recipe will be evaluated on the following:
 - Name of recipe
 - Ingredients listed in order of use in the directions
 - Includes size and weight of cans, packages, etc.
 - Clear instructions
 - Size of pan, dish state
 - Temperature and cooking time stated
 - Number of servings given
 - Dish meets division requirements.

LOUISIANA SEAFOOD LIST

AMBERJACK	TRIGGERFISH
BLACK DRUM	WAHOO
BLUE CRAB	ALLIGATOR
BLUEFIN TUNA	BEARDED BROTLAS
BROWN SHRIMP	BLACKFIN TUNA
BUFFALO FISH	BLUE RUNNERS
CRAWFISH	BLUEFISH
COBIA (LEMONFISH)	BOWFIN (CHOUPIQUE)
FLOUNDER (CROAKER)	BUTTERFISH
FRESHWATER/SALTWATER CATFISH	CARP
GAMEFISH (BASS, BREAM)	CHUB MACKEREL
GARFISH	JACK CREVALLE
GASPERGOU	FRESHWATER/SALTWATER EEL
GROUPE	FRESHWATER TURTLE
KING MACKEREL	BULLFROG LEGS
MAHI	LITTLE TUNNY
OYSTERS	LOUISIANA CLAMS
PINK SHRIMP	LOUISIANA HAKES
POMPANO	LOUISIAN STONE CRAB
SAND SEATROUT (WHITE TROUT)	RAYS
SEA BOBS	RIVER SHRIMP
SHEEPSHEAD	ROCK SHRIMP
SPANISH MACKEREL	ROUGHNECK SHRIMP
SPECKLED TROUT	ROYAL RED SHRIMP
SWORD FISH	SHARK
WHITE SHRIMP	CHANNEL MULLET
YELLOWFIN TUNA	SQUID
TILEISH	STRIPED MULLET

LOUISIANA RICE COOKERY

Purpose: To promote the use of Louisiana cultivated rice and to promote the agricultural commodity in our state.

Categories:

1. Rice Main Dish
2. Rice Side Dish (rice dressing is considered a side dish)
3. Rice Dessert (rice pudding, etc.)

- 1) Recipe **MUST** use at least one (1) CUP of **COOKED** white or brown rice. **WILD RICE IS NOT CULTIVATED IN LOUISIANA** and does not meet the requirements. Rice used in the recipe must be Louisiana Cultivated.
- 2) Dishes containing rice products such as rice cereal, rice flour, etc. must also contain cooked rice. Example: rice Krispie treats do not meet the contest requirements.
- 3) Bring one copy of a **TYPED** recipe to the contest. Contestant name, school, grade must be on the **BACK** of the recipe.
- 4) **Food should be exhibited in a normal sized disposable serving container, not to exceed 18" to allow adequate space for all entries.** No placemats, flower arrangements, etc. allowed. No serving utensils allowed. Non-edible items are not to be used as garnish.
- 5) **CONTESTANTS SHOULD SUBMIT TWO (2) SERVINGS OF THE DISH FOR JUDGING**
- 6) The recipe will be evaluated on the following:
 - Name of recipe
 - Ingredients listed in order of use in the directions
 - Includes size and weight of cans, packages, etc.
 - Clear instructions
 - Size of pan, dish state
 - Temperature and cooking time stated
 - Number of servings given
 - Dish meets division requirements.

BEEF COOKERY

Purpose: For 4-H Club members to have satisfactory learning experiences and acquire knowledge of nutritional value, cooking principles, versatile use and economic value of beef.

Categories:

- **Low Calorie Main Dish:** a dish less than 300 calories per serving. Calculation of calories **MUST** be stated on the recipe
- **Quick and Easy Main Dish:** dish that is ready to serve in less than one hour. Time for each step and for cooking must be stated on the recipe
- **One Dish Meal:** a dish that provides foods from at least three of the main food groups. Food groups used should be stated on the recipe.

- 1) Recipe **MUST** use at least one (1) **POUND OF GROUND BEEF**.
- 2) ALL ground beef must cooked to an internal temperature of 165°F
- 3) Bring one copy of a **TYPED** recipe to the contest. Contestant name, school, grade must be on the **BACK** of the recipe.
- 4) **Food should be exhibited in a normal sized disposable serving container, not to exceed 18" to allow adequate space for all entries.** No placemats, flower arrangements, etc. allowed. No serving utensils allowed. Non-edible items are not to be used as garnish.
- 5) **CONTESTANTS SHOULD SUBMIT TWO (2) SERVINGS OF THE DISH FOR JUDGING**
- 6) The recipe will be evaluated on the following:
 - Name of recipe
 - Ingredients listed in order of use in the directions
 - Includes size and weight of cans, packages, etc.
 - Clear instructions
 - Size of pan, dish state
 - Temperature and cooking time stated
 - Number of servings given
 - Dish meets division requirements.

SWEET POTATO COOKERY

Purpose: For 4-H Club members to have satisfactory learning experiences and acquire knowledge of nutritional value, cooking principles, versatile use and economic value of sweet potatoes, a Louisiana commodity.

Categories:

- **Main dish**
- **Side dish:** sweet potato casserole is considered a side dish
- **Dessert**

- 1) Recipe **MUST** use at least one (1) **cup of cooked sweet potato**
- 2) Bring one copy of a **TYPED** recipe to the contest. Contestant name, school, grade must be on the **BACK** of the recipe.
- 3) **Food should be exhibited in a normal sized disposable serving container, not to exceed 18" to allow adequate space for all entries.** No placemats, flower arrangements, etc. allowed. No serving utensils allowed. Non-edible items are not to be used as garnish.
- 4) **CONTESTANTS SHOULD SUBMIT TWO (2) SERVINGS OF THE DISH FOR JUDGING**
- 5) The recipe will be evaluated on the following:
 - Name of recipe
 - Ingredients listed in order of use in the directions
 - Includes size and weight of cans, packages, etc.
 - Clear instructions
 - Size of pan, dish state
 - Temperature and cooking time stated
 - Number of servings given
 - Dish meets division requirements.

**PLEASE NOTE THIS DIVISION DOES NOT QUALIFY FOR THE
AREA COOKERY OR SWEEPSTAKE AWARDS**

NEW—BENTO COOKERY

Purpose: The Eat4-Health grant supported by National 4-H and UnitedHealthcare strives to achieve project outcomes of improved dietary choices; improved attitude toward and understanding of healthful foods; increased willingness to try new nutritional foods; and, increased community promotion of healthier food choices.

A bento lunch is a compact, balanced, visually appealing meal packed in a box. “Bento” is Japanese for packed lunch or meal. Each competitor will create a lunch to be eaten at school by a student age 9 to 12.

- 1) Bring a prepared health box lunch to the contest. It should be representative of MyPlate recommendations. All ingredients **MUST** fit inside the box. Please remember to use a **disposable** container.
- 2) Each competitor will create a lunch to be eaten at school by a student age 9 to 12. **DO NOT INCLUDE A BEVERAGE.**
- 3) Bring one copy of a **TYPED** recipe to the contest. Contestant name, school, grade must be on the **BACK** of the recipe.
- 4) **Food should be exhibited in a normal sized disposable serving container, not to exceed 18” to allow adequate space for all entries.** No placemats, flower arrangements, etc. allowed. No serving utensils allowed. Non-edible items are not to be used as garnish.
- 5) Scoring:
 - Theme: suitable for age group, creative 5 points
 - Container: portable, reusable, leak-proof 5 points
 - Preparation: neat, interesting, unique 5 points
 - Appearance: colorful, inviting 5 points
 - Texture 5 points
 - Taste 5 points
 - Affordability: less than \$5.00 per serving 5 points
 - Nutrition/MyPlate guidelines 65 points

Winter Contest Day

Demonstrations
Illustrated Talks
Public Speaking
Personal Development
Sports Broadcasting

(Score cards and other materials to be successful at contest day will be provided on our website closer to contest day.)

These contests are open to all 4-H members.

Divisions:
Elementary (grades 4-5)
Junior (grades 6-8)
Senior (grades 9-12)



General Demonstration Requirements

Contest Resource(s):

- Louisiana 4-H Educational Presentation Scoresheet
- Publication 2149 "You Can Give a Method Demonstration"

1. All contests will consist of three divisions: Elementary (grades 4-5)
Junior (grades 6-8)
Senior (grades 9-12 or 14 by January 1)
2. 4-H'ers may participate in any demonstration contest.
3. Contestants must present a method demonstration - not an illustrated talk.

4. There is a time limit of 15 minutes for all demonstrations.
5. There is no limit to the number of demonstration contestants from each club. No individual may enter more than one demonstration in each category. No individual or team may enter the same demonstration in more than one category.
6. Members of a team demonstration must be from the same club.
7. All demonstrations and speeches must be prepared and practiced prior to Demonstration Day.
8. A demonstration which was presented for area and/or state competition may not be presented by the same person or team on Demonstration Day.
9. First place senior winners will be eligible for State 4-H University
10. Will have an opportunity to use Power Point or posters, all equipment will be provided (easel will be provided upon request).

Contests Description:

Civic Engagement Method Demonstration: contest allows youth to present a method demonstration in Citizenship. Topics areas can include citizenship, leadership, theatre arts, communication, and personal development. The method demonstration should NOT include cooking/preparing food.

Healthy Living Method Demonstration: contest allows youth to present a demonstration in a healthy living subject area. Topic areas can include: Child Development, Foods & Nutrition, and Health. The demonstration may include prepping/preparing food though NO kitchen will be provided.

The STEM Method Demonstration: contest allows youth to present a method demonstration in Science, Technology, Engineering, and Mathematics. Topics can include Aerospace, Agronomy/Plant Science, Clothing/Textiles, Computer Science, Environment, Electric, Forestry/Woodworking, Home Environment, Insects/Entomology, Machines, Outdoor Skills, Photography, Pet Care, Veterinary Science, Horse and Livestock. The method demonstration should NOT include cooking/preparing food.

Award:	\$20 for 1 st place winners, prizes and awards for following winners
Grade/Age Requirement(s):	All Calcasieu 4-H members
Team or Individual Contest:	Individual or Team of two (all will compete against each other in age division)

Illustrated Talks



1. Must be an illustrated talk and not a method demonstration.
2. 4-H members will have an opportunity to use Power Point, all equipment will be provided.
3. After the presentation, contestants will be asked questions by the judges. Knowledge of subject matter will be primary determinant of scores.
4. Presentation must be a minimum of five (5) minutes and no more than a maximum of eight (8) minutes for the team to presentation. Judges will deduct five (5) points from the score for every minute exceeding eight (8) minutes.

Contest Description:	<p><u>Civic Engagement Illustrated talk:</u> contests allow youth to present an illustrated talk on an area within citizenship, leadership, theater arts, communication, and personal development.</p> <p><u>Healthy Living Illustrated talk:</u> contests allow youth to present an illustrated talk on an area within child development, food & nutrition and health.</p> <p><u>STEM Illustrated talk:</u> contests allow youth to present an illustrated talk on an area within Science, Technology, Engineering & Mathematics. Topics include Aerospace, Agronomy/Plant Science, Clothing/Textiles, Computer Science, Environment, Electric Forestry/Woodworking, Home Environment, Horticulture, Insect/Entomology, Machines, Outdoor Skills, Photography, Pet Care, Veterinary Science, Horse, and Livestock</p>
Award:	\$20 for 1 st place winners, prizes and awards for following winners
Grade/Age Requirement(s):	All Calcasieu 4-H members
Team or Individual Contest:	Individual

Personal Development (Interview Skills)



1. Open to all 4-H members.
2. Boys and girls will compete separately. Members must bring a typed resume with them to hand to the judges before judging begins. Resume must be at least ½ page for elementary students and a full page for middle and high school. Members will write the resume in regard to their 4-H career like they are interviewing for a hypothetical career of their choice. The career should be stated on the resume.
3. Contestants have a short interview with a judge. Contestants should be able to answer the following questions: What career you plan to follow? What kind of schooling or training is needed for this job? What kind of skills are needed? Why did you select this job? Why do you think you would be good at this job? Where could you get a job like this? General appearance, cleanliness, manners, and poise are factors for consideration in judging the contestants.
4. Scoring will be as follows:

<i>Attire</i>	<i>30 percent</i>
<i>Resume</i>	<i>20 percent</i>
<i>Interview</i>	<i>50 percent</i>

<i>Total</i>	<i>100 percent</i>
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5. First winners in all divisions will receive an award of \$20 to be presented at the end-of-the-year recognition program.-2nd place and beyond will receive awards and prizes
6. First place senior contestants will be eligible to compete at State 4-H University.

Public Speaking

Public Speaking contests are open to any 4-H member. This is an individual contest. 1st place winners receive \$20, all winners receive awards and prizes.

Public Speaking -General

1. This contest allows 4-H members to demonstrate their skills in public speaking and communication. Speeches may focus on all agent appropriate topics and subjects except for those in the area of agriculture cooperatives.
2. A penalty will be assessed to those speeches that do not adhere to the time limit. The penalty will be 3 points for each 30 seconds or a portion thereof, above or below the limit. Time limit will be as follows:

Elementary and Junior (3-6 minutes)
Senior (4-7 minutes)
3. Visual aids or props are optional

Public Speaking-Cooperatives

1. This public speaking contest is for 4-H members to learn more about cooperatives and speak on the benefits, challenges, and opportunities they provide in a free market system. Contestants present prepared speeches on, or in favor of, cooperatives. 4-H members speak on the benefits, business model, and opportunities co-ops provide in a free market system. Farmer cooperatives handle, process, and market almost every type of agricultural commodity; furnish farm supplies; and provide credit and related financial services, including export financing. Earnings from these activities are returned to their farmer members on a patronage basis, helping improve their income from the marketplace.
2. A penalty will be assessed to those speeches that do not adhere to the time limit. The penalty will be 3 points for each 30 seconds or a portion thereof, above or below the limit. Time limit will be as follows:

Elementary and Junior (3-6 minutes)
Senior (4-7 minutes)
3. Visual aids or props are optional.

Sports Broadcasting



1. Contestants will serve as sports broadcasters and will commentate on a sporting event. One announcer will cover color commentary and the other will cover the details of the sporting event.
2. Open to all age 4-H Members
3. Must be a team of 2, team has to be from the same club.
4. Teams will be required to call 5 minutes of play.
5. A roster will be provided as well as a script for commercial break.
6. Baseball will be the sport viewed.

Spring Contest Day

April 4th, 2024

Visual Arts Horticulture ID Insect ID

Registration 8:30 a.m.

Divisions: Elementary (grades 4-5)
Junior (grades 6-8)
Senior (grades 9-12)

Visual Arts

1. Open to any Calcasieu Parish 4-Her
2. The three categories are Halk/Carbon/Pigment, Fiber, Scrapbooking.
3. Students will be allowed to enter **one** project in the category of their choice.
4. A one-page report on the process of their project is required for EVERY submission.
5. **Kits and preformed molds are not considered original and are not acceptable in any category.**

Categories

1. CHALK/CARBON/PIGMENT

Canvas, Paper, Glass

Any original artwork done with pencils, chalk, pens, ink, paint, charcoal, dyes, etc. on canvas, paper, or glass. This would include all painting, sketching, drawing, cartooning, original non-computer-generated graphics, printing, etc. Painted and/or glazed preformed ceramics and painted porcelain dolls are not eligible for the 4-H Visual Arts Invitational. Drawings and paintings should be matted or framed under glass. (Exceptions: Oil and acrylic paintings do not require glass and are not required to be matted.) Watercolor, chalk, pen & ink, computer-generated art, etc. do require

some protective covering. Gallery frames are acceptable. Canvas paintings that continue “over the edges” are acceptable without frames; however, the piece must still be prepared for hanging. Matted pieces without frames are acceptable, however the piece must be prepared for hanging. There is no specific requirement for the type of mat used.

2. FIBER - Any original item made of fiber. Examples are quilts, fabric collage, soft sculpture, stitchery, weaving, embroidery, cross-stitch, wearable art, hooking, braiding, duct tape artistry, string art, and baskets. **Original cross-stitched, knitted, crocheted, or quilted items belong in this Fiber class.** Machine knitted items are not appropriate for this class.

3. SCRAPBOOKING- Exhibit one album or notebook, either 8 ½” x 11” or 12”x12”, with a front and back cover. The album/notebook must have a minimum of 4 pages (front and back, 8 sides), in page protectors. “Embellishments” are defined as the decorations or special details and features that add to a page and make it more visually appealing. Embellishments may include, but are not limited to, ribbon, clips, special lettering, etc. Exhibitors must use a minimum of 12 embellishments and tell a compelling story with pictures, journaling, and other media.

Horticulture ID

1. Open to any Calcasieu Parish 4-Her
2. Students will judge the types of vegetables based on quality.
3. Students will also be asked to identify species of vegetable plants.
4. They should study the list of Louisiana vegetable plants that will be provided.

Insect ID

1. Open to any Calcasieu 4-Her
2. Elementary will be required to bring 5 bug collection. Seniors will be required to bring a 10-bug collection. Seniors will be required to bring a 15-bug collection. These bugs can be any family, they just cannot be forming the same species of insects.
3. Students will have to identify 10-15 bugs that will be set out on a table.
4. A study list of bugs will be provided for the students to study.

Photography Contest—Virtual

The digital photography contest allows 4-H members to demonstrate their skills and how they view the world through photography. 1st and 2nd place winners will receive \$10 and \$5 respectively.

ELEMENTARY CONTESTANTS (4TH—5TH GRADES)

Submit ONE photo per category

JUNIOR CONTESTANTS (6TH—8TH GRADES)

Submit ONE photo per category

CATEGORIES FOR 4TH—7TH GRADE SUBMISSIONS:

PEOPLE: NO SELFIES, SUBJECT MAY BE ANY AGE

ANIMALS: PETS, FARM ANIMALS, BIRDS, ZOO ANIMALS, FISH

OUTDOOR: LANDSCAPE, FLOWERS/PLANTS, WATER, BUTTERFLIES/INSECTS

STILL LIFE: STYLIZED ITEMS, INANIMATE OBJECTS, CARS, ETC.

SUBMISSIONS DUE MARCH 28TH BY 4:30PM

1. Photographs may be black and white or color. MINIMUM editing only. Do not include captions or titles. Scoring will be based on quality, creativity, and originality. Images should be focused, properly exposed, and carefully composed. No Instagram or SnapChat filters.
2. Email all submissions to: Calcasieuparish4h@gmail.com; All submissions should be sent as separate attachments and NOT in the main body of the email in JPG or PNG format. Submissions should state the following in the email message: Member name, age, grade, school, photo category.

3. Scoring

COMPOSITION	15 POINTS
SHARPNESS	10 POINTS
EXPOSURE	5 POINTS
APPEAL	20 POINTS
TOTAL	50 POINTS



Photography Contest—Virtual

The digital photography contest allows 4-H members to demonstrate their skills and how they view the world through photography.

SENIOR CONTESTANTS (9TH—12TH GRADES)

Submit a portfolio of five (5) to eight (8) photos focused on a theme of your choosing. The portfolio should demonstrate the 4-H member's photography skills and follow the chosen theme. Photos should illustrate opportunities afforded to Louisiana youth through 4-H programs.

The portfolio should demonstrate the 4-H member's photography skills, both technical and creative (choice of subject, composition, depth of field, exposure, etc.) Photographs may be black and white or color, from film or digital. Images should be sharply focused, properly exposed and carefully composed. Choose photos carefully. Avoid submitting repetitive images; aim for variety. Show only your best work and be sure they conform to your chosen theme.

- Contestants must use the provided template to assemble their portfolios. Portfolios must contain at least five (5) and no more than eight (8) images taken within the past year **as well as a written introduction following the prompt provided in the template.** Do not include any other text in the portfolio. The template will be made available closer to submission deadline.

SUBMISSIONS DUE MARCH 28TH BY 4:30PM.

- Scoring will be based on quality, creativity, originality and following directions. Email all submissions to: Calcasieuparish4h@gmail.com;
Save and email submissions as LASTNAME_FIRSTNAME_GRADE
- Total Possible Contest Points – 100

The 1st place winner will receive \$15.00

The **1st** and **2nd** place winners will be **required to represent Calcasieu 4-H during the virtual photography contest** for 4-H University.

Calcasieu 4-H

PHOTOGRAPHY SCORE CARD (9TH—12TH GRADE)

Contestant Name: _____

Title of Submission (Theme): _____

School: _____

Activity	Points Possible	Points Earned
Artistic quality of images <ul style="list-style-type: none">• Are photos thoughtfully composed?• Does each photo have a clear purpose/meaning?<ul style="list-style-type: none">• Interesting subject?• Is setting/background of each photo appropriate?• Does the photo as a whole reflect good photo selection?	40	
Technical Score of Images <ul style="list-style-type: none">• Are photos in focus?• Do photos show good use of lighting?• Have photos been properly edited (correct exposure, saturation, cropping, etc.)?	40	
Followed instructions	20	
Total	100	

JUDGES COMMENTS:

Promote Calcasieu 4-H Graphic Design Contest—Virtual

The purpose of the Promote 4-H Graphic Design Portfolio contest is to allow a contestant to design and create a digital design featuring 4-H which could be incorporated into various marketing assets.

SUBMISSIONS DUE MARCH 28TH BY 4:30PM

Elementary: 4th—5th grade

Junior: 6th—8th grade

Senior: 9th—12th grade

Winner of each age group will have their designs featured during the new year promotion and during National 4-H Week held in October. No monetary award given.

Contest rules

1. Contestants' entry will consist of only one graphic design.
2. Design should be interesting, fun, bold, colorful, and original, which honors 4-H and the 4-H clover. Please remember that the winning design may be used as the theme for the 2023 National 4-H Week packet, so it must be easily applicable to various marketing assets such as t-shirts, social media posts, brochures, program covers, etc.
3. Graphic design can be no larger than 8 inches by 10 inches and may be submitted as either a portrait or landscape design.
4. All entries must be submitted as PDF, JPEG, or PNG files, with high resolution (minimum of 300 dpi).
5. Design can include both computer generated graphics as well as photographs. Any photographs used in design must be royalty and copyright free and permission granted to both the contestant and Louisiana 4-H for use.
6. Design must NOT be and must not contain images that are insulting, abusive, inciting violence, threatening, intimidating, obscene, inflammatory, sexually explicit, profane, harassing, degrading, defamatory, harmful, discriminatory or unlawful or invasive of another's privacy and must not promote a commercial/business enterprise, political or religious cause or any cause other than the purpose of the contest.
7. The official 4-H Clover (must have the '18 USC 707' mark) must be incorporated into the design. The 4-H Clover and the design must adhere to the proper use of the 4-H name and emblem.
8. Contestants can use any of the Adobe Creative Cloud software programs, Canva, Microsoft Suite programs, GIMP, or other software of the contestants choice to create the graphic design.

Email all submissions to: Calcasieuparish4h@gmail.com

Save and email submissions as LASTNAME_FIRSTNAME_GRADE