



## 4-H RAP UP

### Welcome to 4-H!

Thank you for joining 4-H! We are so glad you are a part of the biggest youth club in the world. You can have a lot of fun in 4-H if you put effort in it. There are several ways for you to be active in 4-H. You can do things with your school club, in the parish, in the district and even at the state level. You can compete in contests, show livestock, do shooting sports, go to sporting events, be a club officer -the sky is the limit to what you can do in 4-H. Be sure to ask for help. Parents, Guardians, Grandparents and even brothers and sisters can be involved. Also, be sure to ask your school club leader any questions you may have. We also have a website. It will help you to answer questions as well. Go to: [www.lsuagcenter.lsu.com/Ascension](http://www.lsuagcenter.lsu.com/Ascension) and an Ascension Parish 4-H Facebook and Twitter pages.

**possibilities...** Imagine a world of 4-H where you are side by side with adults, making an impact on our world. Step it up and get involved today.

**adventure...** Imagine a world of 4-H where you learn new things and different things in different ways. Expand your horizons.

**voice & choice...** Imagine a world of 4-H where you have something to say and grownups listen to you. Pretty cool.

**fun & friends...** Imagine a world of 4-H where you hand out with people that like the same things you like. Learn about things that interest you!

#### WHAT'S INSIDE:

Food & Fitness Camp-Disney World Wide

Robotics Club

Fashion Camp

Shooting Sports

Fall Fest Contest Day

Fall Science Night-Exploding Pumpkins

Laura M Brumbaugh  
Ascension Parish  
Assistant Extension Agent, 4-H YOUth Development  
[lbrumbaugh@agcenter.lsu.edu](mailto:lbrumbaugh@agcenter.lsu.edu)  
225-621-5799



**4-H**  
GROWING TOGETHER



## DISNEY WORLD WIDE DAY CAMP

# Disney World Wide-Food & Fitness Camp-Oct. 17th

Disney Worldwide Food & Fitness Day Camp

October 17, 2011

9:00 am-4:00 pm

Location: Lamar Dixon Expo Center-Vendor Rooms

Cost: \$25.00—check or money order only-Payable to Ascension Parish 4-H

Questions call Ms. Laura at 621-5799

Sessions will include: Kitchen Science

Food Around the World

Fight BAC!@

Etiquette

Fitness Breaks

Closing Ceremony

Registration is limited-Register today! See pg. 10.

## SEWING WORKSHOP

# Fashion Camp-October 21st & 22nd

Want to learn basic sewing skills? Want to show your creativity? Want to have fun?

Come to Fashion Camp!

October 21st and 22nd

Location: Dutchtown Baptist Church

Cost: \$10.00-check or money order only to Ascension 4-H

Supplies: A list will be sent to participants that register

All 4th, 5th & 6th graders are invited to attend.

Deadline to Register: October 14, 2011

Registration form can be found on page 10.

For more information contact:

Ms. Laura at 621-5799 or lbrumbaugh@agcenter.lsu.edu

## ROBOTICS

# Robotics Club –Love Legos? Like To Build?

*Then the Robotics Club is for YOU!*

*The Robotics Club will meet monthly to explore robotics using the Lego Mindstorms NXT robot kits.*

**1st Meeting: September 20, 2011**

**6:00 p.m.—8:00 p.m.**

**4-H Office at Lamar Dixon Expo Center**

*Robotics Club Meetings:*

**October 18, 2011**

**November 15, 2011**

**December 6, 2011**

For more information contact Ms. Katina Hester at:  
daisedkat@gmail.com

**JOIN | THE REVOLUTION OF RESPONSIBILITY** 



## 4-H GAME WITH THE LSU TIGERS

# 4-H Day with the LSU Tigers-November 12th



The annual 4-H Day with the Tigers football game and tailgate party will be held on **November 12<sup>th</sup> against Western Kentucky at 7:00 p.m. in Tiger Stadium in Baton Rouge.** This is also the LSU Homecoming game so this will be a very exciting experience for 4-H members. **4-H members, their families and volunteers can purchase tickets for a reduced rate of \$25**

**each.** All seats will be in the East Upper Deck.

There will also be a tailgate party in Parker Coliseum for 4-H members & their families, even if you do not attend the game you can attend the tailgate party. Food, entertainment and many door prizes will be provided. **Mike the Tiger, LSU Cheerleaders and LSU Golden Girls are schedule to make a special appearance.**

If you would like to order tickets, please contact Belinda Champton at the 4-H Office starting September 1<sup>st</sup> to October 1<sup>st</sup> to receive ordering information at [bchamp-ton@agcenter.lsu.edu](mailto:bchamp-ton@agcenter.lsu.edu) or call 621-5799. You will need to leave your contact information and Belinda will send you information to go online and order your tickets when we receive it. **GEAUX TIGERS!**

## OUTDOOR SKILLS

# Shooting Sports New Member Meeting-October 3rd

Shooting Sports **NEW member meeting-**  
October 3, 2011  
6:00 pm

Lamar Dixon Expo Center Gym

**If you would like to join Shooting Sports, you must attend the registration meeting for new members on October 3, 2011 at 6:00 p.m. at the 4-H Office located at Lamar Dixon Expo Center. Parents / guardians are required to attend this meeting to have a better understanding of club expectations. This meeting is required for all new participants.**

This project club for beginning members meets on specific weekends at the range each month. The meetings consist of training in shooting sports safety and in skills

such as wildlife and conservation.

Please note that all members who are 10 years old or older as of January 1, 2012 are required to complete the Hunter's Education Class that is offered through the Louisiana Department of Wildlife and Fisheries.

All members who participate in the .22 rifle, .22 pistol or shotgun disciplines are required to have their Hunter's Safety Certification before beginning. A Hunter's Ed course will be offered on October 20 and 22 at the Ascension Parish Sheriff's Range in Gonzales, LA. Youth must attend both days to become certified in Hunter's education. To find out more about Ascension Parish Shooting Sports email our 4-H Shooting Sports coordinator at: [thadbellow@eatel.net](mailto:thadbellow@eatel.net).

## JR. LEADER CLUB—FIRST MEETING BY KARIN MAGEE

# Jr. Leader Mess Fest –September 27th



Hi there 4-Hers! This year our first Jr. Leader Meeting will be on September 27, 2011 at 5:00 pm. We would love for you to join us. The first meeting will be a Mess Fest held at Lamar Dixon Expo Center. You will be able to participate in many youth led games involving "messy activities." The Jr. Leader Club is made up of 7<sup>th</sup> – 12<sup>th</sup> graders in 4-H.

There are many fun activities and community projects that the Jr. Leaders participate in throughout the year. If you meet the requirements, you can even attend the Jr. Leader Rewards Trip during the summer. If you are interested or have any questions, contact the 4-H Office at (225) 621- 5799. Wear clothes that can get messy!

# JOIN | THE REVOLUTION OF RESPONSIBILITY





### 1ST CONTEST DAY OF THE YEAR

## Fall Contest Day-October 29th

Join us for the 1st Contest Day of the year!

Fall Contest Day-October 29, 2011

Location: Dutchtown Middle School Cafeteria

Contests:

\*Egg & Poultry Cookery Contests

\*Chicken Barbeque Contest

For a complete listing of rules see page 7-9 of the newsletter.

Registration for the Chicken Que Contests-9:00-9:30 am

Chicken Que contest begins at 9:45 am

Registration for the Cookery contests: 10:00 am-10:30 am

Cookery contests begin at 10:45 am

### DECORATE A PUMPKIN

## October Club Meeting Contest-Decorated Pumpkins



When: October 4-H Club Meeting

**ASK CLUB LEADERS FOR DATES & RULES OF CONTEST!**

Decorate a pumpkin and bring it to your October 4-H meeting to be judged!  
All participants receive an award.

### EXPLODING PUMPKINS!

## Fall Science Night-October 28th

October 28, 2011

6:00-8:00 p.m.

4-H Office at Lamar Dixon

Join us for fun and science as we make instant jack-o-lanterns by exploding pumpkins!



If you want to have an explosive time, bring a pumpkin, carving knife and \$3 activity fee to the 4-H Fall Science Night.

No reservations necessary, all are welcome.

**Parents must accompany youth age 11 & under.**

For more information, email Katina Hester at: [daisedkat@gmail.com](mailto:daisedkat@gmail.com).

## 4-H PLEDGE

I PLEDGE MY HEAD TO CLEARER THINKING, MY HEART TO GREATER LOYALTY, MY HANDS TO LARGER SERVICE,  
AND MY HEALTH TO BETTER LIVING, FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD.



## SET UPDATES—LIVESTOCK & WORKSHOPS

### ANIMALS / LIVESTOCK

If you are showing livestock during this year please make sure you are on the 4-H office's contact list. Call the 4-H office at 225-621-5799 to be added to the list.

#### **Important Dates:**

#### **Possession Dates:**

Beef Breeding, Beef Commercial Heifers-November 7<sup>th</sup>  
Dairy Breeding, Dairy Commercial Heifers-November 7<sup>th</sup>  
Market and Breeding Goats-November 7<sup>th</sup>  
Market and Breeding Sheep-November 7<sup>th</sup>  
Market & Breeding Swine-Dec. 3<sup>rd</sup>

### ANIMALS / LIVESTOCK

#### **Validation Dates:**

**November 5<sup>th</sup>**-Validation for the following animals: Beef Commercial Heifers, Dairy Commercial Heifers, Market Lambs, Commercial Ewes, Market Goats and Commercial Does. **Location: Lamar Dixon Barn 1**  
**Time: 9:00 am – Noon**

**December 3<sup>rd</sup>**-Validation for Market Hogs. **Location: Lamar Dixon Barn 1, Time: 9:00 am-Noon**

#### **Livestock Show Dates:**

Jan. 12-14-Ascension Parish Livestock Show  
Feb. 1-4: District Livestock Show  
Feb. 11-18: State Livestock Show

### UPCOMING SET WORKSHOPS

#### **Robotics Workshop**

When: Saturday, October 8, 2011

Where: Lamar Dixon Expo Center

Registration or Questions:  
daisedkat@gmail.com

#### **Energy Day Camp**

When: Saturday, Dec. 17<sup>th</sup>

Where; Lamar Dixon Expo Center

Questions: daisedkat@gmail.com

## JOIN THE REVOLUTION OF RESPONSIBILITY

### EXPLORE

What is the 4-H Revolution of Responsibility? It's a movement for positive change in every community in America. 4-H youth are a living breathing, culture-changing revolution for doing the right thing, breaking through obstacles and pushing our country forward by making a measurable difference right where they live. That takes uncommon commitment.

### DO!

Visit the following website:

[www.4-h.org/about/revolution](http://www.4-h.org/about/revolution)

Watch the videos about how 4-H youth just like you started a revolution in their communities!

Do you have a 4-H story to share? There's a chance for you to share on this website.

### ROR TRIVIA—ENTER TODAY

#### **REVOLUTION OF RESPONSIBILITY TRIVIA:**

Go to the following webpage:  
[www.4-h.org/about/revolution](http://www.4-h.org/about/revolution)

Read each of the Featured Stories on the bottom of the page of Lindsay Binegar, Jose' Cazares & Vivian McCarter by clicking on their pictures. Watch the videos as well.

Response: In your own words, which story did you like the most and why?

Send response, name & school to:  
Trivia4H@yahoo.com by September 30th.

## 4-H IS BASED ON RESEARCH



# Ascension 4-H Event Calendar

## SEPTEMBER

5: LSU AG Center Closed-Holiday

6: Shooting Sports Meeting (Last Year Members) Lamar Dixon

20: Robotics Club Meeting  
(Lamar Dixon)

21: Regional Leader Training  
(Lamar Dixon Expo Center)

27: Jr. Leader Mess Fest  
(Lamar Dixon)

30: Enrollment cards due to 4-H office

## OCTOBER

Club Meeting Contest: Decorated Pumpkins

2-8 : National 4-H Week

3: Shooting Sports Meeting  
(Lamar Dixon)

4: Jr. Leader Meeting (Lamar Dixon)

8: Robot Workshop, Lamar Dixon

17: Food and Fitness Day Camp  
(Lamar Dixon)

18: Robotics Club Meeting (Lamar Dixon)

21-22: Ascension Parish Fashion/  
Sewing Camp (Dutchtown Baptist Church)

20 & 22: Hunters Education Class  
Ascension Parish Sheriff  
Range-Gonzales-**Pre-Registration required**

25: Officer Training Workshop (TBA)

28: Fall Science Workshop (Lamar Dixon)

29: Fall Fest Contest Day {Poultry, Egg Cookery, Chicken Que contests}  
(Dutchtown Middle School)

## NOVEMBER

Club Meeting Contest: Decorated Cookies

1-3: Challenge Camp (Tickfaw State Park)

5: Livestock Validation – 9:00 am-Noon Lamar Dixon Barn 1

12: 4-H Day with LSU Tigers Game

15: Robotics Club Meeting  
(Lamar Dixon)

24-25: LSU AG Center Closed-Thanksgiving

28: Sew With Cotton Garments Due to 4-H Office



---

# FALL FEST CONTEST INFORMATION

**Cookery Contests, Chicken Barbeque Contest & Place Setting Contest**

---

## Egg & Poultry Cookery Contest Information

**\*\*DISHES NOT MADE THE NIGHT BEFORE, CHILLED OVERNIGHT & TRANSPORTED ON ICE IN AN ICE CHEST WILL BE DISQUALIFIED. \*\***

**When:** Saturday, October 29, 2011  
Registration: 10:00 am-10:30 am  
Contest Begins: 10:45 am

**Where:** Dutchtown Middle School Cafeteria-13165 Hwy. 73, Geismar, LA 70734

**Who:** Any Ascension parish 4-H member. Cloverbuds may participate in this contest, but will compete in a Cloverbud division and are not eligible to compete at the Area cookery competition.

**Contact:** Laura M. Brumbaugh at lbrumbaugh@agcenter.lsu.edu or 225-621-5799

**Contest Categories:** Egg and Poultry. Cloverbud 4-H members will compete in a Cloverbud category.

### **Basic Rules:**

1. The dish must be prepared by the 4-H member.
2. **The dish must be made the night before, refrigerated overnight and transported on ice in an ice chest.**
3. Dish must be transported to the contest site on ice in an ice chest.
4. **NEW**-A sample of 1-2 servings is required for judging. The entire dish will not be required for the contest. Dishes will be disposed of for food safety reasons after the contest. NO exhibits will be returned, so please use disposable plates for exhibiting your dish. **Please submit 1-2 servings on/in a disposable container (i.e. paper plate will be great!).**
5. Bring two copies of the recipe with each dish you turn in. *Your name, grade and school should be on the back of each copy of your recipe.*
6. Cookery Contest participants will have the opportunity to participate in the Cookery educational program. The program will include many interactive exercises with lots of fun games and activities!

**\*\*DISHES NOT CHILLED OVERNIGHT & TRANSPORTED ON ICE IN AN ICE CHEST WILL BE DISQUALIFIED. \*\***

### **Category Rules:**

1. You may enter only one (1) dish in each of the categories listed below:  
(Egg-Main Dish; Egg-Appetizer; Egg-Dessert; Poultry-Chicken; Poultry-Other Poultry; Poultry-Processed Poultry Products)
2. Bring two (2) recipes of each dish to the contest. One recipe will be given at registration and one will be put with your dish for display. 4-H'ers name, Grade and School should be on the back of each recipe copy they turn in. Recipe can be typed or hand written. No clip art or decoration on the recipe.
3. **Egg dishes** must have at least 4 eggs in the recipe and be fully cooked.
4. **Poultry dishes** should have at least one pound poultry in the recipe and be fully cooked.
5. All dishes must be completely cooked.



---

# Chicken Barbeque Contest Information

**4-H members will have a chance to show off their barbecuing skills.**

**The contestants barbecue ½ chicken from start to finish.**

4-H members will have the chance to show off their barbecuing skills.

The contestants will barbecue 1/2 chicken from start to finish.

**When:** Saturday, October 29, 2011  
Registration: 9:00 am-9:30 am  
Contest Begins: 9:45 am

**Where:** Dutchtown Middle School Cafeteria-13165 Hwy. 73, Geismar, LA 70734

**Who:** Any Ascension parish 4-H member. Open To All 4th-12th grade 4-H Members. The contest will be broken into junior (9-13); and senior (14 and up) divisions. Cloverbud members cannot compete.

**Contact:** Laura M. Brumbaugh at lbrumbaugh@agcenter.lsu.edu or 225-621-5799

## Basic Rules:

1. 4-H members must furnish chicken half to cook and all of his/her equipment.
2. Marinating may only begin after the judging starts.
3. 4-H'ers may not steam, inject or surround the cooking chicken in any way. The judges will ask to open the pit during judging. Therefore, the pit must be able to be opened during the contest. But not required to be opened throughout the entire contest.
4. The chicken half must include the breast and leg quarter still attached to each other (the butcher will prepare for you at your local grocery store)
5. There will be a 2-hour time limit and all marinating, starting fires and cooking must be done in this time limit. Turn in time is at 11:45 am.
6. 4-H'ers may season their chicken in any way, but not prior to the contest.
7. One adult may be present to help start fires and to assist with safely competing during the contest, with the majority of the cooking being done by 4-H member.
8. 4-H member must have some type of fire extinguisher near the pit at all times.  
(Ex: Hand held water sprayer, etc.)

## Chicken Barbecue Scorecard

Equipment and Set Up-5 points; Timing (2 hours allowed 9:45 am-11:45 am)-5 points; Starting and Controlling Fire-12 points; Skill in Barbequing Chicken procedure-18 points; Finished product-60 points

- **You DO NOT need to turn in a recipe for this contest**
- **It is suggested you practice barbecuing your chicken at home under adult supervision before competing in the contest !**



# Fashion Camp

Want to learn basic sewing skills? Want to show your creativity? Want to have fun?

Come to Fashion Camp!

October 21st and 22nd

Location: Dutchtown Baptist Church

Cost: \$10.00-checks or money order to Ascension 4-H

Supplies: A list will be emailed to participants that register

All 4th, 5th & 6th graders are invited to attend.

Deadline to Register: October 14, 2011

## Fashion Camp Registration Form

Due: October 14, 2011 to 4-H Office at 9039 St. Landry Road, Gonzales, LA 70737

Registration Fee: Cost: \$10.00—check or money order only-Payable to Ascension Parish 4-H

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ School: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Parent Email Address: \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

Any medical conditions or food allergies the instructors need to be aware of: \_\_\_\_\_  
\_\_\_\_\_

# Disney World Wide Day Camp

Disney Worldwide Food & Fitness Day Camp

October 17, 2011

9:00 am-4:00 pm

Lamar Dixon Expo Center-Vendor Rooms

All 4th, 5th or 6th graders are invited to attend.

Cost: \$25.00—check or money order only-to Ascension 4-H

## Disney World Wide Food & Fitness Day Camp Registration Form

Due: October 7, 2011 to 4-H Office at 9039 St. Landry Road, Gonzales, LA 70737

Registration Fee: Cost: \$25.00—check or money order only-Payable to Ascension Parish 4-H

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ School: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Parent Email Address: \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

Any medical conditions or food allergies the instructors need to be aware of: \_\_\_\_\_  
\_\_\_\_\_