

NORTH CENTRAL REGION

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(North Louisiana)

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NOTE:

Membership and participation in activities and events are open to all citizens without regard to race, color, national origin, gender, religion, age, veteran status, or disability. If you have a disability that requires special accommodation for your participation in the meeting, please contact Don Moon, Jr. at (318) 628-4528

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Serving Winn Parish Through Education

**Program Highlights
Winter Semester 2004**

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Ag & Natural Resources

- Conducted Pesticide safety and handling training for Winn Parish School board. Fifteen school system employees attended the program to comply with state and parish programs.
- Conducted Master Beef Cattle provider meeting in Jonesboro. Five agents, Regional Director and two specialists were in attendance to plan the program for the North Central Region. The program is scheduled to begin on January 18 and conclude on March 22 and will cover ten topics.
- Conducted environmental education program at Atlanta High school for Mrs. Keys' 5th grade class. Twenty students attended the program and discussed how pollution affects our environment.
- Co-coordinated and participated in Wild Turkey Federation Jake's Day program. Youth and adults learned the importance of safety as it relates to ATV's , shotgun, black powder, 22 rifle and archery. Over 75 youth and parents attended.
- Conducted educational program at the Hill Farm Fieldday on the North Central Louisiana Master Beef Cattle Producer. Over 100 people attended the program and sign-up is in effect for the program which will begin in January 2005.
- Presented Master Cattleman program at EQUIP meeting presented by NRCS. Over 50 people were in attendance.
- Conducted over 80 home visits concerning poultry, beef, forestry, wildlife, commercial vegetable, home grounds, home gardens, swine and goats during August-December.

Family and Consumer Sciences

- A group of senior adults at the Council on Aging Center were instructed on the importance of drinking adequate fluids during the hot summer months. Discussion focused on the healthy benefits of keeping the body well hydrated. strategies for monitoring fluid intake were suggested and a nutritional fact sheet was distributed. As a result of this activity, these elderly clients are better informed and will practice healthier nutritional habits.
- A child care provider training class on "Going to School: How to Help Your Child Succeed" was conducted with seven childcare providers. The clients participated in learning activities focusing on types of learning, ways to help children learn and literacy strategies. Evaluation results indicated that all participants learned important information that they will practice

in their job as a childcare provider to help children achieve success in school.

- A group of 55 Headstart teachers and staff participated in an in-service training on Child Guidance and Discipline. Discussion focused on child behavior concerns and some positive guidance strategies for addressing the concerns. All participants indicated that they learned appropriate guidance practices to use in their role as a teacher and parent.
- Diabetes awareness was promoted through a DEAR exhibit during a Community Health Fair sponsored by the local hospital. Informational fact sheets on the warning signs of the disease and diabetes meal planning guides were distributed to approximately 300 visitors. As a result of this educational activity, more residents are aware of the disease and will follow recommended practices for prevention and treatment of diabetes.
- Local Child care providers participated in a training workshop entitled "De-Stress for Success." The clients gained knowledge about potential sources of stress and symptoms of stress. Strategies for coping with stress were identified and discussed. Pre and Post evaluation results indicated that all clients learned important skills to practice for reducing stress in daily life.
- Clients were educated through a news article about the "Secret Ingredients for 5 Healthy Holiday Cooking." Suggestions were given for cutting fat and adding more nutritional ingredients to holiday recipes. As a result of this educational effort, many clients will practice healthier eating habits throughout the holidays and the coming New Year.

4-H and Other Youth Development

- A group of twelve 4-H organizational leaders participated in a parish 4-h leader orientation meeting to discuss plans for the current club year. discussion topics included the parish educational program focus on Ag Awareness, the Regional Volunteer Leader Training, officer training and assessment, Achievement Day and other parish-wide 4-H activities. The leaders shared ideas and suggestions related to community service, National 4-H Week, and American Character Week. As a result of this orientation, the 4-h volunteers are empowered to lead their clubs and impact youth.
- A group of nineteen 4-H members in grades 4-12 participated in the parish 4-H Cookery Contest. A total of 26 dishes were entered in the six divisions. The 4-H members

increased their nutritional knowledge about the commodity foods and food safety practices.

- A total of forty-five 4-H club officers participated in officer training sessions to learn their responsibilities in the club. The youth discussed club meeting procedures, program ideas, and service projects. Participants also gained information on leadership qualities and the six pillars of character. As a result of this activity, these 4-H members are better prepared to successfully lead their clubs.
- During monthly 4-H club meetings, approximately 450 club members were educated about the many different careers involved in producing a variety of Louisiana agriculture products and delivering them to our table. Some of the careers mentioned were butcher, trucker, farmer, grocer, nutritionist, chef and plant worker. The 4-H'ers also learned that no matter what career a person chooses, as an employee they must be responsible, trustworthy and respectful to self, co-workers and the organization.
- The 4-H agent attended and participated in the National Association of Extension 4-H Agents Annual Conference in Oklahoma City, Oklahoma. She joined with three other agents from North Louisiana in planning and presenting an educational seminar entitled, "Make Your Programs Pop With These Tricks From the Big Top." Seminar participants were introduced to strategies for integrating themes into a 4-H organizational system to enhance program participation and enthusiasm.
- Attended Forest Service Title III program at Camp Grant Walker. As a result of working with the police jury, \$22,800 has been approved to develop a forestry/environmental camp for the parish which will begin in January.
- Attended and participated in 4-H livestock clinic at Winn Parish fairgrounds concerning nutrition, selection and grooming/showing. Seventy-five youth and parent attended the program.
- Attended Regional 4-H Leader training in Ruston. Winn Parish had three new organizational leaders attend the training. At the training they learned new ideas to implement in their programs.
- Coordinated 4-H ATV safety for the Hill Farm Fieldday and 100 people attended the program and viewed the exhibits. Also, the same two 4-H'ers presented the colors and pledges for the opening ceremony.
- Conducted 4-H horse advisory meeting to help plan and implement the 4-H horse program. Twenty-five 4-H'ers and parents attended the program.