



Youth Set Their Sights on Outdoor Field Days

Despite overcast skies, distant thunder, and rain over 250 youth participated in the Outdoor Skills Field Day held on September 26, 2009 at the Research Station in Franklinton. Children from St. Tammany, Washington, Tangipahoa, and St. Helena attended the field day. Youth were allowed to participate in a variety of activities ranging from ATV riding to fishing. Activities were also conducted for Cloverbuds.

The next field day will be held on Saturday, October 17, 2009 at the Florida Parishes Skeet and Gun Club in Amite. Activities will include: rifle, shotgun, archery, fishing, and ATV safety.

The field days are free to attend and lunch will be provided. The activities will begin at 9:00 a.m. and finish sometime after lunch.

For more information contact Mr. Stefen Givens at sgivens@agcenter.lsu.edu or 985-515-1048.



Inside this issue:

Green and Growing	2
Bayou Buddies	2
Livestock Program Update	2
Healthy Snack Recipe	3

Officer Training Held at Middle School

Officer training was recently conducted at the St. Helena Middle School. Ms. Angela Myles, Ms. Toni Melton, Mr. Stefen Givens, and Mrs. Sonni King all took part in the training.

4-H agents explained the duties and expectations of each officer for the upcoming club meetings. Officers from the 5th, 6th, 7th, and 8th grade clubs were present.

After the 4-Hers received training, mock 4-H meetings were conducted so the newly elected officers could get a feel for the fast approaching

meetings. The 5th grade class took time out to view the school garden and check on its progress.



Green and Growing



The garden at the St. Helena Middle School is growing great. Students from each grade have visited the garden and are learning about the different kinds of plants. Some are amazed at the rapid growth of the many different vegetables planted earlier this fall. All have taken pride in this project!

Cabbage, collard greens, mustard greens, and carrots are just a few of the many

vegetable plants students will be allowed to witness develop of and harvest later in the growing season. In addition, students are learning the importance of soil, water, and sun and the effect these elements have on plant growth. Students are experiencing the hands-on learning process.

A special "thank you" goes to all the volunteers and donors who have helped to

make this project a success. For more information, contact Ms. Angela Myles at 225-222-4136.

Bayou Buddies



Cloverbuds and younger 4-Hers will be introduced to a new program this fall. Its called the Bayou Buddies.

They will join these buddies who live in Bayou Gumbo, work out at Bayou Fitness, shop at Bayou Mart, and eat at Le Petite Bayou for valuable healthy lifestyle lessons.

Teche the Thoughtful Turtle

will teach youngsters about manners.

Cameron the Cautious Crab helps people learn about shopping the healthy way.

Roux the Running Rabbit teaches children the importance of fitness and exercise.

Fais the Focused Frog gives tips on portion sizes and how to not overeat.

Creole the Culinary Cat has developed a cookbook just for kids!

Ringo the Rinsing River Raccoon is the busybody who must touch everything. He teaches the importance of hand washing.

Livestock Update



The possession date for all breeding market, and commercial animals except swine is November 7, 2009.

The possession date for breeding swine is December 5, 2009.

Our Parish Livestock Show will be held on January 23, 2010 at the Florida Parishes Arena in Amite, Louisiana.

The Southeast District Show will be held in Covington, on February 3-5, 2010.

The State Livestock Show will be held in Gonzales at the Lamar-Dixon Expo Center. February 13-20, 2010.

If you are planning to show any livestock this upcoming year, please contact your 4-H agents and make them

aware.

Contact Stefen Givens, Sonni King, or Angela Myles at 225-222-4136 for more information about the 4-H Livestock or Horse Project.



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Contact Information

St. Helena Parish 4-H Office
P. O. Box 1505
23 S. Main Street, Suite B
Greensburg, Louisiana 70441

Phone: 225-222-4136

Fax: 225-222-4910

E-mail: skarl@agcenter.lsu.edu

“To Make the Best Better”
4-H Motto

Office Staff

Stefen Givens, County Agent
sgivens@agcenter.lsu.edu

Angela Myles, Southern University Youth Development Agent
amyles@agcenter.lsu.edu

Sonni King, 4-H Program Assistant
skarl@agcenter.lsu.edu

Terry McCoy, Administrative Assistant
tmccoy@agcenter.lsu.edu

Toni Melton, Assistant Youth Program Coordinator
tmelton@agcenter.lsu.edu

Fruit Kabobs

1 tangerine

1 apple

1 banana

Small cluster of grapes

Divide tangerine in sections. Slice apple and banana. Remove grapes from stem. Arrange fruit on 4 wooden sticks.

Makes 4 kabobs.

Healthy
Snacks!