



Special points of interest:

- Youth Garden Programs
- School Meetings
- Highlights of Summer

Junior Master Gardener Program

The Junior Master Gardener Program is a new 4-H youth gardening project that will be done at the Middle School starting this school year (2009-2010). The program is designed to offer horticultural and environmental science education, leadership opportunities, and life skills development through fun and creative activities. This program is committed to helping young people become good gardeners and good citizens so they can make a positive contribution to their community, school, and family.

This year students will actually create a garden at the Middle School and will be responsible

for the planting, harvesting, and upkeep.

Community club members will be planting gardens at their homes and both groups will come together for community service and beautification projects.

If you or anyone you know is interested in participating or sponsoring our School Garden Projects, please contact us at the LSU AgCenter at 225-222-4136.



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School Club Meetings Schedule

St. Helena will kick off their first 4-H Club meetings this month.

The Middle School Club Meeting will be Tuesday, September 8, 2009. at 1:00 pm.

The High School clubs will meet on September 9, 2009. Freshmen will meet at

11:00 a.m. Upper classmen will meet at 12:15 p.m.

Officers for the school year will be elected at these club meeting. So get your nominations ready!

St. Helena Youth Attend 4-H University



Louisiana 4-Hers competed for best in the state in more than 40 events ranging from plant identification, photography, and flight simulation to speech and fashion design at the 95th annual 4-H University June 23-25, 2009 in Baton Rouge. In addition almost 300 students took part in the noncompetitive learning event called Clover College, which includes seven hours of instruction over the three days.

During 4-H U, participants were introduced to aspects of life that college students experience on an everyday basis. Students also were able to tour a working dairy, a biochemical center, and athletic facilities. Participants got to see how college students live during the week by residing in campus dormitories, eating at campus dining halls, and even going through the rigors of scheduling classes.

This year Darrell Griffin, a student from St. Helena Parish, ran for state 4-H Vice President and Regional Representative. He was well prepared for both campaigns. Darrell was elected as our Southeast Region Representative.

Ashley Nettles, Quentin Givens, Desire Guillory, DeQuoin Burton, Nedra Coleman, Autumn Lee, Steven Guillory, and Patrick Palmer also attended 4-H U.

4-Her's Attend 4-H Day at the Capitol

On June 3, 2009 fifty 4-Hers from St. Helena Parish assembled on the State Capitol steps along with hundreds of other 4-Hers from across Louisiana.

A special program was conducted on the Capitol steps where 4-Hers heard from Louisiana Senators and Representatives.

Later that day 4-Hers were allowed to tour the State Capitol building

Upcoming Florida Parishes Outdoor Skills Field Day



The Florida Parishes Outdoor Skills club will host two upcoming field days this fall. The field days are free to attend and lunch will be provided. Activities provided will be:

shotgun shooting, rifle shooting, archery, fishing sports, and wildlife wonders.

Dates for the field day are: Saturday, September 26, 2009 at

the Southeast Research Station and October 17, 2009 at the Florida Parishes Skeet Club.

For more info contact Stefen Givens at 985-515-1048.

Local 4-H'ers Attend Marsh Maneuvers



On July 27-31, 2009, four St. Helena 4-Hers attended 4-H Marsh Maneuvers Camp. The four St. Helena attendees were Andrew Cernich, Jr., Darrell Griffin, Dasmine McClendon, and LeFrance McClendon. The camp is run by Mr. Mark Shirley, an LSU AgCenter Fisheries Agent. Other staff for the week included America's WETLAND Conservation Corps Members Ashlee Marceaux (Vermilion Parish) and Jessica Ledet (St. Helena Parish), 4-H Agent Mr. Silas Cecil (Jeff Davis Parish), and Adult Leader Ms. Joyce Stelly (St. Landry Parish).

While at Marsh Maneuvers, the

4-Hers learned about *Vibrio Vulnificus* Bacteria. *Vibrio Vulnificus* is the bacteria that you can get if a crab pinches you. They also learned that otoliths are the ear bones of a fish, and is used to age the fish. In addition, they learned about Louisiana alligators, and even got to hold one. 4-Hers had plenty of fun on their night hikes. They also had a blast crawling in the marsh mud to plant *Spartina alteraflora* (marsh grass), taking air boat rides, and catching crabs (sometimes alligators) with their chicken wings on a string.

The camp is sponsored by the LSU AgCenter, La. Sea Grant, La. Department of Natural Resources, La. Department of Wildlife and Fisheries, and the Rockefeller Wildlife Refuge. The McIlhenny Company also allowed us to plant in the marsh near Avery Island.

State 4-H Horse Show Winners

Eight youth from St. Helena Parish recently competed in the 2009 State 4-H and FFA Horse Show held at the Ike Hamilton Arena in West Monroe, Louisiana.

Before the week was over all of these outstanding 4-Hers had claimed honors. The team of Ashley Nettles, Brooke McNabb, Cassie Karl, and Laramie Callihan was named the Reserve Champion Horse Quiz Bowl Contest winners. The team of Alyssa Nettles, April Nettles, Emily Miller, and Heather Miller also won fifth place in the Horse

Quiz Bowl Contest. Team members Alyssa Nettles, Ashley Nettles, Cassie Karl, and Laramie Callihan placed fourth in the Horse Judging Contest. Individually, Laramie Callihan placed fifth in Halter Horse Judging; and Cassie Karl placed second in Performance Horse Judging and was named the third place high individual in the Horse Judging Contest. Cassie also was Reserve State Champion in the Public Speaking Contest and first in the Premier Exhibitor Contest.

Later in the week, Cassie Karl

placed fourth in Reining, fourth in Trail, third in Groundwork, and sixth in Showmanship at Halter with her two horses. Laramie Callihan and her horse won tenth place in Showmanship at Halter. Congratulations to all these youth on a job well done! For more information on the 4-H Horse Program contact Sonni King at 225-222-4136 or skarl@agcenter.lsu.edu.

Livestock Program Update

It's time to start thinking about what animals you will be showing this year at the Parish, District, and State Livestock Shows.

Remember, all registered animals must be registered in the exhibitor's name.

All commercial and market animals must be validated by their respective possession dates.

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.

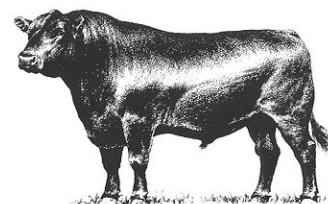
Our Parish Livestock Show will be held on January 23, 2010 at the Florida Parishes Arena in Amite, Louisiana.

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. Dates will follow.

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



St. Helena has State Champion Premier Exhibitor Winner

Cassie Karl was named Horse Premier Exhibitor Winner recently at the 2009 State 4-H and FFA Horse Show in West Monroe, Louisiana.

Contestants were scored on an interview, skillathon, written test, and their horse judging knowledge.

Cassie received a monogrammed jacket, trophy buckle,

and scholarship for this award. She is the daughter of Daniel and Beth Karl of Greensburg, Louisiana.

The contest was sponsored by Gerry Lane Enterprises. Gerry Lane Enterprises sponsors a Premier Exhibitor Award in the following categories: Beef, Dairy, Swine, Poultry, Horse, Sheep, and Goat.

If you are interested in learning more about this program contact Sonni King or Stefen Givens at the 4-H Office.





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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

Children’s Recipe—Coconut Covered Bananas

Ingredients:

- 1 orange
- 2 bananas
- 1 cup of shredded coconut

Directions:

1. Cut bananas into several chunks
2. Cut an orange ,squeeze some of the juice onto a saucer and roll the banana in it's juice. (Then eat the orange)
3. Then roll the banana into coconut, cover well.

Healthy Snacks!