



# Lafayette 4-H Hotline

## What's on your plate?

This year, our lessons are all about food science! What is food science? Food science studies the basic elements of food. Through a series of experiments this year, we will explore the chemical components of food, including proteins, carbohydrates, fats, and water, as well as the reactions they undergo during processing and storage.

Last month, we looked at how "Eggs are Exceptional." Students explored why so many recipes contain eggs and observed what happens when cooking scrambled and boiled eggs and why the liquid mixture becomes solid.

This month, we will explore enzymatic browning which is the process that makes some fruits and vegetables turn brown when cut and what can be done to prevent it.



## Christmas Cookie Decorating Contest

The annual Lafayette Parish 4-H Christmas Cookie Decorating Contest is virtual this year! The categories remain the same as they have been in the past. They are as follows:

- Most 4-H Spirit
- Prettiest Christmas Cookie
- Most Unusual Christmas Cookie

To enter in the Christmas Cookie Decorating Contest, you will need to bake and decorate your cookie, take a well-lit picture of your cookie, and submit your picture to Mrs. Nicole at [ngerard@agcenter.lsu.edu](mailto:ngerard@agcenter.lsu.edu). When you submit the picture of your cookie, be sure to include your name, grade, school/club, and the category in which you are submitting your cookie (Most 4-H Spirit, Prettiest Christmas Cookie, Most Unusual Christmas Cookie).

**Submit your entries by Friday, December 17<sup>th</sup> at midnight to be entered!** Each 4-H member can enter one cookie in each category, if they choose to. Remember, no store-bought cookies may be entered, and one cookie cannot be entered into more than one category. Good luck everyone!



## December 2021

Lafayette Office

1010 Lafayette St., Ste. 325

Lafayette, LA 70501

Phone: (337) 291-7090

Fax: (337) 291-7099

[www.lsuagcenter.com](http://www.lsuagcenter.com)

### Points of interest:

- What's on your plate?
- Cookie Decorating
- Record Book Workshops
- Junior Leader
- Clover Corner
- Award Applications
- Livestock
- Club Officers
- Holiday Riddles



# Record Book Workshops

Record book workshops will be held on Tuesday, December 21<sup>st</sup>.

The first session is for 6<sup>th</sup>-12<sup>th</sup> grade members that will be completing the 4-H Portfolio that includes the leadership and citizenship portions of the project along with their 4-H story and will be held on December 21<sup>st</sup> from 9:00 a.m. until 11:00 a.m. at the Lafayette Parish Extension office.

The second session will be held for members in 4<sup>th</sup> and 5<sup>th</sup> grades working on Discovering the World of 4-H and Exploring the World of 4-H projects from 2:00-4:00 p.m. at the Lafayette Parish Extension office located at 1010 Lafayette Street, Suite 325. If you would like assistance with your project books, you should make an effort to attend the workshop sessions.

Participants should bring their project book with them- a camera isn't a bad idea either! Participants may call (337) 291-7090 or e-mail Mrs. Nicole at [ngerard@agcenter.lsu.edu](mailto:ngerard@agcenter.lsu.edu) to **RSVP by Friday, December 17<sup>th</sup>**. Both workshops are free; we like to get a headcount for supplies.



It's not too late to join Lafayette 4-H's Junior Leader Club, a club made up of 8<sup>th</sup>-12<sup>th</sup> grade 4-H members from throughout Lafayette Parish. Are you a teen who would like to be involved in the community in a leadership role, but just not sure how to go about it?

The next Junior Leader meeting of the school year will be Wednesday, December 15<sup>th</sup> at 6:00 p.m.

All 4-H'ers in grades 8<sup>th</sup> to 12<sup>th</sup> are invited to attend. Contact Mrs. Nicole at [ngerard@agcenter.lsu.edu](mailto:ngerard@agcenter.lsu.edu) if you are interested in attending the Junior Leader meeting.



## Clover Corner

*Hi 4-H Members!*

I'm back again as promised and am checking on your 4-H work. How is that book coming along? I made lots of suggestions in the November Hotline and if you finished all of the work, you're doing great!

December is a good month to work on some of the pages toward the front of the book. Last month, I suggested that you get a head start. If you haven't started, now is the time. This month, in both the Discovering the World of 4-H Book (pages 10-19) and in the Exploring the World of 4-H book (pages 13-22), you will start on the importance of being a role model citizen in the "Citizenship" section on pages 10-19. In this section, you will learn about character education, communication, and demonstrations, as well as theater arts. Citizenship focuses on 4-H members becoming well-informed citizens who are engaged in their communities. This is done through civic education, public speaking, and community service. There are activities in this section that relate to the "Six Pillars of Character," identifying true friends, evaluating your character, tips on giving a speech and a demonstration, as well as artistic expression. Use the holidays to catch up on activities. In January, finish the Science, Engineering and Technology Section as we target our outdoor skills project areas of ATV, gun, and boating safety. I encourage you to be adventurous in learning how to care for livestock animals and pet projects. You can get started on these if you want to. Our program in December will tie directly into completing your book with tips on achieving your goal of a completed book. Remember to keep your record book neat and clean and decorate it if you wish. Pictures are always a good idea. Have a safe and happy holiday season and see YOU next month!

Yours Truly,

*Clover*

## Golden Clover Award

We are offering the 4-H Foundation Golden Clover Award (formerly Award of Excellence) for Junior 4-H members. Awards will be presented at our 4-H Honors Program to outstanding Junior 4-H members. To qualify, a 4-H'er must meet the following requirements:

1. Must be under 14 years of age on January 1st, 2022.
2. Must have at least two (2) years of 4-H club work including award year.
3. Must score at least 250 points on application and scorecard.
4. This award can be won by an individual only once.
5. Must be in either the 7th or 8th grade.

Scorecards were mailed directly to the 4-H members in mid-November. They are to be returned to the 4-H office no later than Wednesday, December 15th. Qualifying 4-H'ers are encouraged to apply.



## Emerald Achievement Award & Honor Cord

4-H Emerald Achievement Awards (formerly Key Club Awards) in Louisiana are given to outstanding high school 4-H'ers. To qualify, 4-H'ers must be 15 years of age as of January 1st, 2022, must have three (3) years of club work, and have completed one year of Junior Leader work. Qualifying 4-H'ers are encouraged to apply.

The "4-H Honor Cord" letter with the link to the online applications to be awarded to graduating seniors were also mailed out. Seniors must have been in 4-H for three years of their high school career, participated in at least one state event, and be a member in good standing.

Both applications were mailed directly to the 4-H members in mid-November and are due to the 4-H office by Wednesday, December 15<sup>th</sup>. This award can only be won once in a 4-H'er's career.

## It's Livestock Time

The Lafayette Parish 4-H Livestock Show is fast approaching. Deadline for exhibitors to turn in livestock show entry forms was November 22<sup>nd</sup>, 2021. We hope you got yours in on time! If not, call the 4-H office immediately. Upcoming activities include:

- Premier Exhibitor Workshop #2: December 15<sup>th</sup>, 2021
  - Email Mr. Paul at [pbongarzone@agcenter.lsu.edu](mailto:pbongarzone@agcenter.lsu.edu) to register
- Premier Exhibitor Written Exam: December 20<sup>th</sup> at the 4-H office
- Exhibition Poultry Blood Testing: January 13<sup>th</sup>, 2022 9:00 a.m. to 11:00 a.m.
- Lafayette Parish Livestock Show and Sale: January 20<sup>th</sup> to January 22<sup>nd</sup>
- Acadiana District Livestock Show: January 25<sup>th</sup> to January 29<sup>th</sup>
- LSU AgCenter State Livestock Show: February 12<sup>th</sup> to February 19<sup>th</sup>



## Be an Officer!

Opportunities to serve as an officer in your club may still be available. Would you like to learn more? You may visit the 4-H Contest Rules/Forms page of our Lafayette Parish 4-H website to view officer training videos, report forms, and training documents. The website has been updated to include all information that is sent out monthly to members, including applications for awards:

[4-H Youth Development \(lsuagcenter.com\)](https://www.lsuagcenter.com/4-HYouthDevelopment)

# Dates to Remember

## December 2021

1 First Day of Club Meetings  
3 Validation Kits and Possession Deadline - Market, Commercial, and Breeding Swine  
4 Southwest Region Teen Event at Acadian Village  
7 Parish Broiler Pick-up, TBA  
15 Junior Leader Meeting  
15 Golden Clover Award Applications Due, 4-H Office  
15 Emerald Achievement Award Applications Due, 4-H Office  
15 Honor Cord Applications Due, 4-H Office  
17 Cookie Decorating Contest Entries Due  
21 Record Book Workshop  
TBA Hoof Trimming Clinic

5 First Day of Club Meetings  
6 LSU Broiler Pick-up, TBA  
13 Exhibition Poultry Blood Testing  
17 Martin Luther King Jr. Day, *4-H Office Closed*  
19 Junior Leader Meeting  
20-22 Lafayette Parish Livestock Show and Sale  
25-29 Acadiana District Livestock Show



## Holiday Riddles

Why did the gingerbread man go to the doctor?

- He was feeling crummy

Santa just ate his walking stick! How is that possible?

- It was a candy cane!

What do snowmen eat for breakfast?

- Frosted Flakes



Sincerely,

*Paul Bongarzone*

Paul Bongarzone  
Assistant Extension Agent, 4-H Youth Development  
Lafayette Parish

*Nicole Gerard*

Nicole Gerard  
Assistant Extension Agent, 4-H Youth Development  
Lafayette Parish

**CHARLES HEBERT**

Charles Hebert  
County Agent, 4-H Youth Development  
Lafayette Parish

It is the policy of the LSU AgCenter, Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, religion, gender, age or disability. If you have a disability which requires special assistance or your participation in any aforementioned activity, please contact the Lafayette 4-H office at (337) 291-7090.