

Lafayette 4-H Hotline

What's On Your Plate?

Have you ever noticed all the beautiful colors from the fruits and vegetables in the produce section at the grocery store? Next time make sure that you stop and look at the many colors. Compounds called pigments create the beautiful colors. Most pigments occur naturally in plants which means that plants grow those beautiful colors all on their own.

This month we will observe what happens to vegetables when cooked in different ways. We will then figure out the best way to cook vegetables so they look appealing and keep as many nutrients as possible.



Fashion Show

This year, Lafayette Parish 4-H will host the 2022 Fashion Show on Saturday, March 5th at the 4-H Office, 1010 Lafayette Street, Suite 325. Prejudging of all garments being entered will begin at 9 a.m. with the show beginning at 11 a.m. Members who would like to participate must contact Mrs. Nicole at ngerard@agcenter.lsu.edu or 337-291-7090 to receive more information about the rules. Registration is required by February 25th, 2022 in order to participate.

Sewing Workshop

The Lafayette Parish Sewing Workshop will be held on Saturday, February 5th at All Brands. Registration forms were sent to all 4-H members through the 4-H Online enrollment system. Registration must be received by Friday, January 28th in order for participants to receive the supply list needed for the workshop. Space remains, so sign up ASAP!

February 2022

Lafayette Office

1010 Lafayette St., Ste. 325

Lafayette, LA 70501

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Points of interest:

- What's On Your Plate?
- Fashion Show
- Sewing Workshop
- 4-H Talent and Art Contest
- State Rabbit Show
- Project Books
- Mystery to the Safari Retreat
- Summer Camp
- Achievement Day
- Strawberry & Fern Sale
- 4-H Night with the Pelicans



4-H Talent and Art Contest

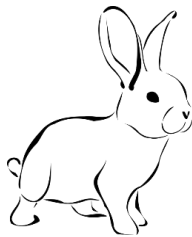
Do you have a talent you want to share with others? Have you created art that you want to display? The 2022 Lafayette Parish 4-H Talent and Art Contest planning is underway! All 4-H Members are invited to participate. You will need to contact Mrs. Nicole at ngerard@agcenter.lsu.edu or 337-291-7090 to receive more information about the rules.

We are planning for a virtual contest again this year. All contest entries will be submitted electronically using photographs and videos. Registration and entries are due electronically by midnight on Monday, March 7th.

State Rabbit Show

The LSU AgCenter will be hosting a State Rabbit Show on March 5th at the State Evac Shelter in Alexandria, LA. Entries will be due to the Lafayette Parish Extension Office on February 18th, 2022 by 4:00 p.m. This is subject to change if further restrictions are imposed.

Entry information has been sent out to 4-H members in the rabbit project. For more information, contact Mr. Paul at (337) 291-7090.



Project Books Due!

How are those project books coming along? At this time, they should be close to completion (or completed!). **All record/project books are due to the Lafayette 4-H Office by Friday, February 25th.** Here are a few things to remember when working on record books:

- Put your name, grade, and school on the outside cover of your book (there may already be a sticker in place with this info; if not, please make sure to write it).
- **4th and 5th graders** - your entire book, including the projects in it, should be as

complete as possible. Make sure to complete the end of the book and the questions that are asked there!

- **6th-12th graders** - make sure you turn in a portfolio with your record book. Your record book may be an entire book, or it may be an activity guide (smaller paper pamphlet).
- Awards at the parish level include ribbons and/or cash prizes. If your record book is chosen for the state competition, you can win award trips!

Please call the 4-H Office at (337)291-7090 with any questions concerning record books. Good luck to all!

Mystery to the Safari Retreat

Take a break from the hustle & bustle of life and embark on an expedition into your own mind to discover the mysteries that await in the jungle of emotions. Journey through the valleys and mountains of feelings - the highs of joy, the lows of sadness, the raging rivers of anger, and much more. You'll experience it all in the Louisiana 4-H Mental Health Retreat sponsored by the State 4-H Citizenship Board. Join us on March 18, 2022, from 10:00 AM-3:00 PM at the State Evacuation Mega Shelter in Alexandria. There is a \$10 registration fee and fees must be submitted in advance to complete registration. The registration deadline is March 1, 2022. Additional information can be found on the registration site.

This workshop opportunity is available for 4-H members 5th-8th grade. Registration will be granted on a first come first serve basis, so don't wait!! Register now!

<https://fs10.formsite.com/lsuagcenter/rd34s1brqu/index.html>



Summer Camp Update

4-H Camp is due to return! It will be held **July 25th– July 28th, 2022**. 4-H Camp is for youth in grades 4th – 6th this school year. The applications will be released mid-February and will need to be submitted to your 4-H Club Leader.

We are planning on holding day camps the week of July 18th-22nd for those members who might not be able to attend camp at Camp Grant Walker. The day camp options will be part of the camping application that is sent out to members next month.

All applications should be submitted through your 4-H club leader at school. The applications are due to our office on **Friday, March 25th, 2022**. We are looking forward to another fun week at 4-H Camp and hope you will join us!



Achievement Day 2022

Achievement Day is a great way to participate in many different 4-H contests, as well as showcase some of your club's hard work all year long.

Achievement Day will be likely take place virtually. We hope that the situation improves and if possible, can be in person. If we remain virtual, entries for Achievement Day must be submitted to Mrs. Nicole at ngerard@agcenter.lsu.edu by midnight on **Saturday, March 26th**.

Rules for Achievement Day contests will be released soon and we look forward to your participation, best of luck to everyone!

Strawberry and Fern Sale

The Lafayette 4-H Foundation and the Lafayette Junior Leader Club will be conducting their annual Strawberry and Fern Sale soon. Prices and dates will be announced shortly.



4-H Night with the Pelicans

The 4-H Night with The Pelicans program is set for Friday, March 4th, 2022, at 7:00 p.m. with the pre-game party from 4:15-5:45p.m. The Pelicans will face the Utah Jazz. The Hoops and Clovers 4-H Night package includes 4-H Night pre-game access, 4-H Night Pelicans t-shirt, the opportunity to participate in on-court fan experiences, and 4-H groups of 10+ will be able to take a post-game group photo on the court.

The tickets are \$17 for balcony end, \$34 for balcony sideline, \$50 for lower corner, \$70 for lower sideline, and \$10.00 for parking. All orders should be placed by Friday, February 11th, 2022. All tickets for these costs are available and those ordered first will get the best seating available. For more information, contact Pelicans group sales at denton.hunter@pelicans.com.

It is also important that everyone planning on attending is aware that the Mayor of New Orleans has stated that the vaccine/negative COVID test mandate to enter the New Orleans Arena will remain in place through Mardi Gras. Mardi Gras is on Tuesday, March 1, 2022. The game is on Friday, March 4, 2022. We don't expect the vaccine/negative covid test mandate will be lifted by the time of the game. Also, for on-court participation, you must be fully vaccinated (please see the on-court event participation agreement).

Important: As of December 2021, any student 12 years of age and older must provide proof of at least one dose of an approved COVID vaccine or negative PCR, molecular, or antigen test within 72 hours to enter the Smoothie King Center.



Dates to Remember

February 2022

- 1 First Day of Club Meetings
- 5 Sewing Workshop
- 12-19 State Livestock Show
- 14 Valentine's Day
- 16 Junior Leader Meeting
- 18 State Rabbit Show Entries Due
- 25 Scholarship Deadline, 4-H Office
- 25 Project Books Due, 4-H Office



March 2022

- 1 Mardi Gras Day, 4-H Office Closed
- 5 Lafayette Parish Fashion Show
- 5 State Rabbit Show, Alexandria, LA
- 7 First Day of Club Meetings
- 7 Talent and Art Contest Entries Due
- 16 Junior Leader Meeting
- 19 Parish Shooting Sports Tournament
- 26 Achievement Day, Virtual



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.