



Calendar of Events

February

- 5: 4-H Pancakes and Pajamas
- 15: 4-H Culinary Arts Contest Submission (Egg, Poultry, Sugar); 4-H Jr. Leader Meeting

March

- 1: LSU AgCenter Office Closed
- 4: 4-H Night with the Pelicans
- 5: 4-H Trash Bash
- 23: 4-H Culinary Arts Contest Submission (Seafood); 4-H Jr. Leader Club Meeting

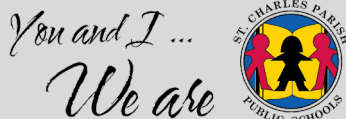
April

- 15: LSU AgCenter Office Closed
- 20: 4-H Achievement Day

May

- 10: 4-H Regional Culinary Arts Contest

We would like to thank our continued partners of the St. Charles Parish 4-H Youth Development Program:



Newsletter

February 2022 Edition

Make Your Best Better with 4-H!

Take time this month to try something new to make your best even better! Check out our upcoming 4-H activities that encourage you to use your head for clearer thinking, heart to greater loyalty, hands to larger service, and health to better living. From participating in cookery contests to enjoying a parish-wide beautification project with your family and friends, there is something for everyone.



Mrs. Kali Zammit

St. Charles Parish 4-H Agent

*Pictured with St. Charles Parish LSU AgCenter staff,

Mr. Gabriel LoCoco (Horticulture Agent) and Mrs. Cheryl Mahler (Administrative Assistant)

Save the Dates - Summer 4-H Activities

We are happy to announce that 4-H Camp is moving back to Camp Grant Walker this year as we celebrate 100 years of 4-H Camping at the facility. As you are planning your new 2022 year, consider saving these dates for summer 4-H activities:



4-H Summer Camp
at Camp Grant Walker
for 4th-6th graders
of the 2021-2022 school year

July 25 – 28, 2022



4-H University
at LSU
for 8th-12th graders
of the 2021-2022 school year

June 21-24, 2022

*More information to come on both events.

Visit us at: www.lsuagcenter.com/stcharles • www.facebook.com/scp4h • Instagram @scp4h
St. Charles Parish 4-H Youth Development Newsletter • February 2022 Edition

Stay Updated with St. Charles Parish 4-H News

This year St. Charles Parish 4-H is providing several venues for 4-H members and families to stay updated with 4-H News.



St. Charles Parish

[LSU AgCenter Website](http://www.lsuagcenter.com/stcharles)

www.lsuagcenter.com/stcharles

Visit this page and click on the 4-H tab for articles and updates including 4-H newsletters, contests, and upcoming opportunities



[St. Charles 4-H Facebook Page](https://www.facebook.com/scp4h)

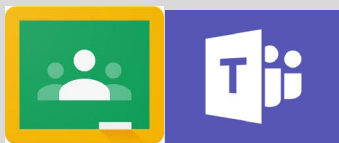
www.facebook.com/scp4h

Like or Follow this page for daily posts, updates, and resources



St. Charles 4-H Instagram @scp4h

Follow us on Instagram for highlights and announcements



Google Classroom or Microsoft Teams

Many school clubs will use Google Classroom to communicate with their 4-H'ers. Our parish 4-H Community Clubs and members-at-large club will use Microsoft Teams to communicate with 4-H'ers. See your 4-H Club Leader for information on how to gain access to these communication tools.

Upcoming 4-H Events for St. Charles Parish

4-H Record Books due March 31, 2022

4-H Record Books (which is your 4-H Portfolio plus your 4-H project book) are due March 31, 2022 to your 4-H Club Leader. No late entries will be accepted. This year 4-H members will be awarded prizes based on completion of your 4-H Record Book. For every level that you complete, you will receive a 4-H prize for that level for the chance to achieve 5 prizes for completing Level 5. If you have questions, I recommend that you watch a Podcast about Rockin' Your 4-H Records, which will be uploaded to your 4-H Google Classroom or Microsoft Team.

**Quality 4-H Records will be considered for 4-H Achievement Day and State Contest Awards*

Levels	Level 1	Level 2	Level 3	Level 4	Level 5
Sections and Pages	Section 1 (Personal Data and 4-H and You)	Level 1 and Section 6 (My 4-H Story)	Level 1-2 and at least 5 entries in any of Sections 2-5 (List as much as you can in these sections.)	Level 1-3 and Section 7 (4-H Photos & Supporting Materials)	Level 1-4, Section 8 (4-H Project Focus), and your 4-H Project Book (or 4-H Project Record Sheet for 6 th -12 th graders) List your progress in Section 8, even if you didn't complete your 4-H Portfolio
Prize Awarded for Level Completion	Level 1 Prize	Level 1-2 prizes	Levels 1-3 prizes	Levels 1-4 prizes	Level 1-5 prizes

4-H Portfolios

Throughout this year 4th – 12th grade 4-H members are encouraged to complete a 4-H Portfolio, which focuses on record-keeping skills and is helpful when completing award, scholarship, and future job applications. Prizes or opportunities will be awarded to top members who complete the 4-H Portfolio. In addition to completing your 4-H Story and the other sections of the 4-H Portfolio, read the newsletter for opportunities to list in your 4-H Portfolio this year. Download a [Digital Version of the 4-H Portfolio](#) to begin working.

4-H Leadership Opportunities

St. Charles Parish 4-H is offering the following leadership opportunities this month. List your participation in these activities in the **4-H Leadership** (Section 2) of your 4-H Portfolio.

- 4-H Jr. Leader Club
- 4-H Pancakes and Pajamas
- 4-H Rockin' Your Records Podcast
- 4-H Cooperative Enterprise Teen Leadership Conference
- Live 4-H Update Podcast
- 4-H Jr. Leadership Conference

4-H Citizenship/Community Service Projects

Use your hands to larger service by participating in 4-H Service Projects. List your activities in the **4-H Citizenship/Community Service Section** (Section 3) of your Portfolio.

- 4-H Trash Bash
- 4-H Night with the Pelicans

Read the newsletter for more details on each of these projects. If you need verification of service hours for another organization, contact the 4-H Agent.

4-H Awards and Recognition

There are several award opportunities this month for 4-H members. List your participation in the **4-H Awards and Recognition Section** (Section 4) of your 4-H Portfolio.

- 4-H Scholarships
- 4-H Culinary Arts Contest
- 4-H Beef Poster Contest
- 4-H Photography Contest
- 4-H Livestock Shows
- 4-H Dairy Poster Contest

How do I join the St. Charles Parish 4-H Program?

All students K-12th grade have an opportunity to join a 4-H Club. You may join your school club and/or a community club. Yes, you can be a member of more than one 4-H club. These are a few tips on how to join a 4-H club.



Complete and submit a 4-H Enrollment Form

See 4-H Club Leader for Form.



Pay 4-H Club Dues

See 4-H Club Leader for club dues amount and payment methods.



Submit Any Other Forms

See 4-H Club Leader for any additional forms needed to join

What happens after I join 4-H?

Attend Monthly Meetings

Participate in meetings (face-to-face or virtually)

Read 4-H Newsletters

Bring the newsletters home or show your parents online for more opportunities, contests, and more!

Participate in 4-H Activities

Participate in 4-H activities within your club, community, country, and world

Communicate with 4-H Leader

Stay updated with meeting dates and 4-H activities and opportunities

Upcoming 4-H Events for St. Charles Parish

Join a 4-H Community Club

As we continue to rebuild St. Charles Parish, we are in the process of planning for events for our 4-H Community Clubs. There are 5 St. Charles Parish 4-H Community Clubs that you can join. Each community club focuses on a specific project-related area. At this time, we are asking for interested students to contact the 4-H Office if you are interested in joining any of the 4-H community clubs listed. Yes, you may be in more than one community club in addition to your 4-H club at school.

- **4-H Cloverbud Community Club** - for all K-3rd grade students
- **4-H CHEF (Cooking, Healthy Eating, & Fitness) Club** - for all 4th-6th grade students
- **4-H Shooting Sports Club** – for students 10 years old through 12th grade
- **4-H Jr. Leader Club** – for all 7th – 12th grade students
- **4-H Fashion Club** - for all 4th-12th grade students

For more information or to join any of the project clubs listed below, please contact the St. Charles Parish LSU AgCenter (4-H) Office at 985-785-4473 or stcharles@agcenter.lsu.edu.

4-H Photography Contest

During the upcoming months, 4-H members are encouraged to explore the world of photography by participating in monthly 4-H Photography Contests. To participate in the photography contest, complete the form by clicking on the link below. All forms must be completed by **February 28, 2022**. Photos may be submitted early. No late submissions will be accepted. Official rules are listed in the online form.

4-H Photography Contest Categories:

Landscape - Horizontal photo that captures nature or man-made feature

People - Photo of person or group of people that captures their essence

Animals - Photo of animal or group of animals that captures natural habitat

Still Life - Photo of inanimate object or group of objects

To submit your photo, complete the [4-H Photography Contest Form](#) for each category.

4-H Beef Poster Contest

Complete rules for the 4-H Beef Poster Contest are listed in the January Edition of the St. Charles Parish 4-H Youth Development Newsletter. Entries are due to 4-H School Leader or 4-H Office by February 28, 2022. If submitting to the 4-H Office, call 985-785-4473 to schedule drop off. No late entries will be accepted.

4-H Update Podcast

Join the 4-H Agent and other 4-H'ers and volunteers throughout St. Charles Parish by viewing our 4-H Update Podcasts. The 4-H Update Podcast will feature music requested by your 4-H peers, the 4-H Agent reviewing the upcoming 4-H events, an FAQ (Frequently Asked Questions) section, and/or interviews with 4-H members, leaders, or volunteers. Podcast videos will be posted on your school 4-H club Google Classroom or your 4-H Community Club Microsoft Team. To request music or ask questions to be featured in the Podcast, complete the [4-H Update Podcast Form](#).

Monthly Mental Health Quote

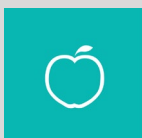
Each month we will highlight a quote recommended by the Louisiana 4-H Citizenship Board to address our mental health. Set aside some time to take deep breaths and think about this:

“Do what you can, where you are, with what you have.”

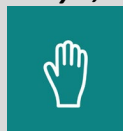
– Teddy Roosevelt

Save the Dates for Parish 4-H Events

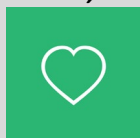
St. Charles Parish 4-H hosts major parish events open to all 4-H members. Attendance will be taken at all events. Participation in multiple events will increase opportunities for awards presented at 4-H Achievement Day. Please save the dates and be on the lookout for more information regarding these events in the monthly newsletter.



4-H Pancakes and Pajamas
Healthy Living Program on
February 5, 2022



4-H Trash Bash
Civic Engagement Program on
March 5, 2022



4-H Achievement Day
Awards Recognition Program
**by invitation only*
April 20, 2022

Save the Dates for Summer!

June 21-24, 2022
4-H University (for 8th-12th grade members)

July 25-28, 2022
4-H Camp (for 4th-6th grade members)



Upcoming 4-H Events for St. Charles Parish

4-H Dairy Poster Contest

Rules for the 4-H Dairy Poster Contest are as follows: (Entries are due to 4-H School Leader or 4-H Office by March 31, 2022. If submitting to 4-H Office, call 985-785-4473 to schedule drop off. No late entries will be accepted.)

- Open to 4-H members K- 12th grade. **Only 4th-12th grade members are eligible to move on to the state level.**
- Poster must be 22" x 28" regular poster board size only. 4-H club members are to draw a billboard that encourages or promotes the consumption of milk and milk products from **dairy cattle only** and their importance for health.
- Do not attach anything to the poster that is more than 1/2" thick. Do not use the commercial brand names of products on the poster. Do not use jingles, slogans, signs, or pictures that are trademark or copyright protected on the poster.
- Print your name, address, grade in school, and parish on the back, upper right-hand corner of the poster.
- Eligible 1st place posters will be submitted to the state competition for judging and become the property of the LSU AgCenter and Louisiana Cooperative Extension Service and will be displayed at statewide events.
- Divisions include the following: Cloverbuds (Grades K-3), Elementary (Grades 4 – 6), Middle (Grades 7 – 8), and High School Poster (Grades 9 – 12).
- State level winners will receive the following: 1st place (\$100 check), 2nd place (\$75 check), and 3rd place (\$50 check) sponsored by the Louisiana Dairy Industry Promotion Board and the Louisiana Cooperative Extension Service.

4-H Culinary Arts Contest (For 4th-12th Grade)

This year we would like to encourage all 4-H members to participate in at least one culinary arts contest. These contests are intended to help our 4-H members grow in their cooking experience and skill level while enjoying quality time with families who assist them with the safety rules and sharing of traditional family recipes. This year the 4-H Culinary Arts contest will be split into 3 submission dates. Members will bring 2 servings of their dish on the designated day and times to the St. Charles Parish LSU AgCenter Office. Members will also need to complete the [4-H Culinary Arts Registration Form](#) by the submission date to be considered for judging. All rules are posted on the online registration form.



Submission dates for our
2021-2022 Culinary Arts Contests
are as follows:

February 15, 2022
Egg, Poultry, and Sugar
Contests

March 23, 2022
Seafood Contest

4-H members will be allowed to bring 1-2 servings of their dish in a sealed, non-returnable container on the date specified between 8:00 a.m. – 6:00 p.m. at the St. Charles Parish LSU AgCenter Office, which is located at 453 Spruce Street in Norco, La. (See online form for specific rules and details for the event.)



Saturday, March 5, 2022
 at the St. Charles Parish LSU AgCenter Office
 located at 453 Spruce Street in Norco, La.

Schedule:

- 8:00 a.m. – 8:20 a.m. Arrival and sign-in
- 8:20 a.m. – 8:30 a.m. Orientation of Activities
- 8:30 a.m. – 11:30 a.m. Trash Bash and Beautification Project

*Participants will be invited to join the St. Charles Parish Trash Bash Celebration at the Edward A. Dufresne Community Center for a post-event celebration, which includes free lunch and chances to win raffle prizes.

Activities Included:

- Enjoy light refreshments during orientation.
- Use pickup sticks, gloves, and trash bags to clean the area around the LSU AgCenter office.
- Get your hands dirty by throwing mulch and using garden tools to create a new landscape.
- Work with the River Region Master Gardeners to learn about gardening and participate in a joint LSU AgCenter program.

Registration information:

- This event will be open to all St. Charles Parish 4-H members. Families are encouraged to join.
- All participants **must** pre-register for the event by completing the [LSU AgCenter Trash Bash and Beautification Project Online Registration Form](#). (Only one entry is needed per 4-H member. Pre-registration is required to guarantee supplies)
- Participants are encouraged to wear tennis shoes and clothes that can get dirty as we will be working outdoors.
- Register online by **12:00 noon on February 25, 2022** to attend.
- Registered members should check their email prior to attending for any event reminders or changes.
- If you need to verify service hours for another organization, bring your paperwork to be signed at the event.

4-H Award Information:

- This is considered a St. Charles Parish 4-H Event. All 4-H members who participate in this event, along with any other parish 4-H events or contests, will receive points for participating.
- At the beginning of April, we will tally points of all 4-H members. For those members who gain enough points, they will be invited to the 4-H Achievement Day Awards Recognition program scheduled for the evening of April 20, 2022.
- To gain points, 4-H members are encouraged to participate in parish 4-H events listed in the monthly St. Charles Parish 4-H Youth Development Newsletter.



Open your camera on your phone and scan over the QR Code to access the online registration form.

Visit us at: www.lsuagcenter.com/stcharles • www.facebook.com/scp4h • Instagram @scp4h

The LSU AgCenter and LSU provides equal opportunities in employment and programs. Should you need an ADA accommodation, please contact the St. Charles Parish LSU AgCenter Office at least two weeks prior to the event.

Things to do for 4-H in February

Each month 4-H'ers will be provided with a list of upcoming opportunities on a parish, regional, state, and/or national level. Contact the 4-H Agent or visit the [St. Charles Parish LSU AgCenter Website](http://St.Charles Parish LSU AgCenter Website) under "4-H Youth Development" for all rules, applications, and more information.

Louisiana 4-H Foundation Scholarships – Scholarship applications for graduating senior 4-H members

Graduating senior members may apply for scholarships through the Louisiana 4-H Foundation toward continuing education. Contact the 4-H Agent at kzammit@agcenter.lsu.edu to receive an application for this scholarship and future 4-H scholarships. **Application deadline for LA 4-H Foundation Scholarship: February 18, 2022**

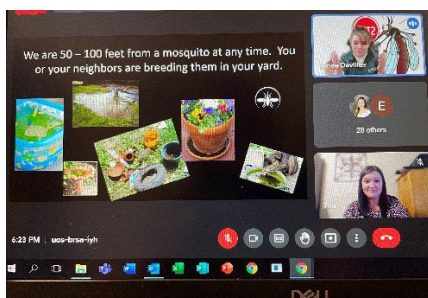
4-H Cooperative Enterprise Teen Leadership Conference – Overnight adventure for 8th-12th grade members **\$50.00 fee**

This teen leadership conference focuses on learning how to establish and manage a cooperative business. 4-H'ers will enhance leadership, marketing, and money management skills at this conference. **Application deadline: February 11, 2022** (Contact 4-H Agent at kzammit@agcenter.lsu.edu if you are interested in applying prior to the application deadline.)

4-H Night with the Pelicans – Professional basketball game fundraiser for Louisiana 4-H **On your own; Fees apply**

4-H'ers and families can attend a New Orleans Pelicans game in support of Louisiana 4-H. Packages include 4-H Night Pre-Game Access, t-shirt, and opportunities to participate in on-court experiences. Game is on March 4, 2022. **Order deadline: February 11, 2022.** (Note: There are vaccination requirements for attendance. Contact the 4-H Agent for more information.)

St. Charles Parish 4-H Spotlight



Left Picture: Lakewood Elementary 4-H Club members participate in Mosquito presentation through Google Meet

Right Picture: R. K. Smith Middle 4-H Club members win vintage 4-H t-shirts at 4-H club meeting;

Parish 4-H Contest Results: 4-H Culinary Arts Contest (**denotes outstanding dish award): **Beef (Quick and Easy):** 1st: Ethan Bellanger (JBM); **Beef (One Dish Meal):** 1st: MacKenzie Bellanger (LWE)**; 2nd: Connor LeBouef (SCB); **Bento Box:** 1st: Ethan Bellanger (JBM)**; 2nd: MacKenzie Bellanger (LWE); **4-H All-Around Style Contest:** 4-6: 1st: MacKenzie Bellanger (LWE); 7-8: 1st: Ethan Bellanger (JBM); **4-H Pet Show Contest:** 4-6: 1st: Claire Oehldrich (LWE), 2nd: Olivia Arrant (SCB), 3rd: Emma Schmill (LWE), Blue: Madeline Price (LWE), Coralyn Young (RJV), and Emma Perret (ESE); **4-H Talent Show Contest:** 4-6: 1st: MacKenzie Bellanger (LWE), 2nd: Emma Schmill (LWE), 3rd: Rhyann Rodriguez (ESE), Blue: Harrison Broussard (SCB); 7-8: 1st: Ethan Bellanger (JBM), 2nd: Ethan Hall (JBM)



Healthy Living Lesson: Read it before you Eat it!

This year we will be doing some activities from the Choose Health: Food, Fun, and Fitness curriculum. This month we will focus on **reading nutrition facts labels**. At your club meeting or at home, try the activity below to learn more.

Healthy Living Activity

Find some snacks at home or in the grocery store that you like to eat. Make sure that each snack has a nutrition label. Arrange the snacks in order from least fat to most fat by looking at the nutrition facts label. Now look at the serving size. How much of that snack can you eat for that amount of fat?

You can do this activity again, but this time look at the sugar content. Did the snacks line up the same way? What does that tell you about these snacks?

Reflect on Reading the Nutrition Facts Label

Reading the Nutrition Facts Label on food packages helps you to learn not only the ingredients in the foods you eat but also the nutrients that the food provides to your bodies. When comparing food and snacks to one another, here are a few tips to consider:

- **Serving Size:** All facts listed on the Nutrition Facts Label apply to the amount listed in the serving size. If you eat more than the serving size, you have to multiply each fact number by the amount of servings that you ate.
- **Ingredients:** The ingredients are listed in order of most to least amount of ingredients per serving.



For more information, contact your local
St. Charles Parish LSU AgCenter Office
Location: 453 Spruce Street in Norco, La.
Mailing Address: P.O. Box 557, Norco, LA 70079
Office Hours: Monday – Friday
8:00 a.m. – 4:30 p.m.; Closed 12:30 p.m. – 1:00 p.m.
Phone: 985-785-4473
4-H Agent Contact Information:
Kali Zammit – kzammit@agcenter.lsu.edu



Visit us at: www.lsuagcenter.com/stcharles • www.facebook.com/scp4h • Instagram @scp4h

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