

# CLOVERBUD GAZETTE

February 2023 ~ 3<sup>rd</sup> Grade

St. Martin Parish Cooperative Extension

114 Courthouse Street

Breaux Bridge, LA 70517

Phone: (337)332-2181 Fax: (337)332-2870

## Achievement Day

**March 31, 2023**

**(BBHS campus)**

This year's 4-H Achievement Day will be held on Friday, March 31<sup>st</sup> at Breaux Bridge High School.

### Clover Events Calendar

#### February

4 Super Saturday Contest Day (BBHS campus)

4 Rabbit and Poultry Show

**11-18 State Livestock Show (Gonzales)**

21 4-H Office Closed – Mardi Gras

25 EBR Shooting Sports Match (Port Allen)

28 Portfolios picked up by 4-H Agents

#### March

4 State 4-H Rabbit Show (Alexandria)

10-19 Southern Regional Shooting Sports Match

**31 Achievement Day (BBHS)**

#### April

1 Ascension Shooting Sports Match (Sorrento)

1 Horse Possession Deadline

15-23 State Shooting Sports Match (DeSoto/Caddo)

Dear Cloverbud Member:

Don't forget to turn in your 4-H Portfolio to your club leader by the deadline he/she sets. You must turn in your portfolio in order to attend Achievement Day.

Also, don't forget to turn in your Outstanding Club Member Application with your portfolio.

Sincerely,

*Cloverbuddy*

## CONGRATULATIONS

### January Trivia Contest Winners

**PP** – Andre Oliver

**SBS** – Ethan McGee

**SMP** – Madisyn Price and Lennon Maitreme

**Teche** – Shelbi Huval, Sophie Blanchard, Kenadi Fusilier, Kaleigh Auzenne, and Riley Hernandez

## 4-H PORTFOLIO Information

4-H Portfolios were given to 4-H members at the January club meetings. The portfolios are a record of your 4-H participation this year. Portfolios should be turned in if you want to attend Achievement Day - A super fun event that is scheduled for March 31<sup>st</sup> at Breaux Bridge High School.

### Remember:

1. Mrs. Ashley and Mrs. Erica will be picking up 4-H members' portfolios on February 28, 2023.
2. 4-H Club Leaders will ask for your portfolio prior to February 28th. It is the responsibility of the 4-H club member to know when their school club leader wants the books!
3. Members who turn in portfolios after February 28th, but on or before March 10<sup>th</sup> should turn in their portfolio at the 4-H Office to still be eligible to attend Achievement Day.

*Need Pictures for Your Portfolio?* Have you attended any 4-H events? Check the St. Martin Parish 4-H Facebook Page to see if we caught you at an event in a photo.

## Outstanding Club Member Applications

Have you participated in many 4-H activities this year? If so, you may want to consider completing an Outstanding Club Member application. The Outstanding Club Member applications are used to choose "outstanding club members" from the St. Martin Parish 4-H program who have been extremely active in the program. Outstanding Club Members are chosen based on their participation throughout the year in 4-H events, activities, and service projects. You must turn in a completed

4-H portfolio by February 28, 2023 to be considered for this award.

The applications are due to the 4-H Office by February 28, 2023 either by dropping it off at the 4-H Office, emailing completed forms to [smartin4h@yahoo.com](mailto:smartin4h@yahoo.com), or faxing it to 337-332-2870. Members who turn in applications after February 28<sup>th</sup> will not be considered for outstanding member recognition.

Applications were given out at the January 2023 4-H club meetings. Outstanding club members are recognized at Honors Night in May. All who are invited will receive an invitation in the mail in late April.

## Shooting Sports News

Shooting Sports is in full swing. Thanks to all of our coaches who volunteer their time at each practice.

### **Save the Dates:**

February 25, 2023: EBR District Shoot (Port Allen)

March 10-19, 2023: Southern

Regional SS Match April 1, 2023:

Ascension District Shoot (Sorrento)

April 15-23, 2023: State Shooting Sports Match (WBR and Ascension Parishes)

Additional information and registration forms for each of these events were emailed out in January!

# EASY FRUIT SALAD

Oranges are in season right now. That means they are usually more flavorful and less expensive in the grocery store. You might even have some growing in your own backyard. They are high in fiber and Vitamin C. Both of those nutrients help our bodies stay healthy. They can be kept in the refrigerator for up to 3 weeks.

This semi-homemade recipe mixes canned fruit cocktail with fresh fruit and yogurt for a quick and tasty fruit salad.

## Ingredients

1 can fruit cocktail  
(16 ounce, drained)  
2 banana (sliced)  
2 orange (cut  
into bite-size  
pieces) 2 apple  
(cut into bite-  
size pieces) 1  
yogurt (8  
ounces)

## Directions

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

*Recipe adapted from USDA What's Cooking*

## Service Opportunity - Turn in Pull Tabs Today!

For over 10 years, we have collected pull tabs off of the top of can drinks to help the Ronald McDonald house in Memphis, TN.

This is a great service opportunity that is easy to complete.

What do you do?

Collect as many pull tabs as you can from now until February 24<sup>th</sup>. Collect them in a plastic Ziploc bag. Take the bag to school and give it to your school club leader. They will turn it into the 4-H Office.

What do we do with the tabs? We recycle them and receive money!

What do we do with the money? We send the money to the Ronald McDonald House in Memphis, TN.

To learn more about the Ronald McDonald House,  
visit their website at: <http://www.rmhc-memphis.org>  
or scan the QR code:



# Character Connection

## Sharing Favorite Things!

Help your friends and family try new things by sharing your favorite things. Take a minute to think about yourself and fill in the blanks below.

Share with a friend.

My favorite food \_\_\_\_\_.

My favorite movie \_\_\_\_\_.

My favorite song \_\_\_\_\_.

My favorite ice cream flavor \_\_\_\_\_.

My favorite animal \_\_\_\_\_.

## Oh the Places I Want to GO.....

The world is large and there are so many places to go. Where would you like to go and why?

Location and Why?

## Livestock News

Congratulations to all of the Parish Livestock show participants. For a complete listing of winners from the parish livestock show, visit our Facebook page by using this QR code.



Sincerely,

*Ashley Istre*

4-H Agent

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