

Cloverbud Gazette

January 2023 3rd Grade Edition

St. Martin Parish Cooperative Extension

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Social Media; Search "St. Martin Parish 4-H" on Facebook, Twitter, Instagram, & Pinterest

SUPER Saturday CONTEST DAY February 4, 2023 (BBHS campus)

Super Saturday is the second contest day of the year. It will be held at Breux Bridge High School on Saturday, February 4th. Cloverbuds can participate in the following contests:

- **Just for Fun Cookery Contest** (*Family Recipes*)
- **Rabbit Show** (*exhibitor must be 9 years old or older by 12/31/2022; pre-registration by January 14th required*)
- **Poultry Show** (*exhibitor must be 9 years old or older by 12/31/2022; pre-registration by December 7th required*)

A complete packet of rules will be available at this month's club meetings. You can also find all of the rules by visiting our Facebook page.

Dear Cloverbud Member,

Happy New Year! I have been super busy with all of the fun 4-H activities going on during the last few months. Don't worry - there will be lots of fun things for you to do before the school year is done.

Please choose at least ONE activity to participate in. Check the calendar and read the newsletter to learn what you can do in 4-H.

Sincerely,

Cloverbuddy

4-H PORTFOLIO Information

4-H Portfolios will be given to 4-H members at the January club meetings. The portfolio is a record of your 4-H participation this year. Your Portfolio should be turned in if you want to attend Achievement Day. Achievement Day is a super fun event that is scheduled for March 31, 2023 at Breaux Bridge High School.

Why do a portfolio?

Writing things down helps us remember what's happening and what we need to do. 4-H portfolios are an important way to keep track of our 4-H experiences. Everyone feels good when portfolios are worked on throughout the year and completed by the deadline. It will be more fun and less frustrating if you spend some time each week on your portfolio. Records are a part of life. You'll have records related to your money, insurance, taxes, and property when you grow up. Pictures are fun records of what you've done. You'll enjoy your pictures much more if they are organized in a way that you can find them easily. Doing a 4-H portfolio is a part of 4-H life that helps in many ways.

Remember:

1: Competitive Deadline: 4-H members' portfolios are due on February 28, 2023 if the 4-H member wants their portfolio judged and to be considered for Outstanding Record Book Awards. (Agents will pick up these books at each school on February 28, 2023.) **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!

2: Non-competitive deadline: Members who turn in portfolios after February 28th and on or before March 10th are eligible to attend Achievement Day, but their book will not be judged and they will not be considered for Outstanding Record Book awards.

My club leader wants my book on: _____

Cloverbuddy expects you to turn in a portfolio! Achievement Day is a great prize for finishing your portfolio!

Some Hints for Developing Your Portfolio:

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.

ASK for HELP from club leader or 4-H agents.

Be Neat. Use a pencil or computer to type information. Neat portfolios get higher scores!

Portfolios are easier if you do them one section at a time.

Make sure your portfolio is complete. Answer the questions with complete sentences.

Include pictures of you competing in 4-H contests, attending 4-H workshops , and doing project books activities.

Clip 4-H news articles and 4-H newsletter articles in which your name appeared from the Cloverbud Gazette newsletter or newspaper. Look on the St. Martin Parish 4-H Facebook page for articles as well.

Outstanding 4-H 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 28th. Members who turn in applications after February 28th will not be considered for outstanding member recognition. Applications will be 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.

Stay Connected:

St. Martin Parish 4-H offers lots of opportunities throughout the year. How can you keep up with all of the events? Stay connected! We publish a monthly newsletter that will be given to the 4-H member at their monthly club meetings. *(If you are absent on the day of the 4-H club meeting, ask your school club leader for a newsletter when you return to school.)*

We also have a St. Martin Parish 4-H website where we post newsletters, calendars, contest rules, and much more! Check it often.

The parish program is also connected through social media. We are on Facebook, Twitter, Pinterest, Instagram, and Snapchat. Join our pages today to stay connected and be active in 4-H this year!

The 4-H agents are also available at the office on Monday-Friday from 8:00 am-4:30 pm at 337-332-2181. You can also email Mrs. Ashley at aistre@agcenter.lsu.edu or Mrs. Erica at epoirier@agcenter.lsu.edu

Clover Event Calendar

January

- 1 Rabbit Possession Date
- 2 4-H Office Closed – New Year’s Holiday
- 4 Livestock Premier Exhibitor Tests & Barnyard Bash
- 5 Broiler Chick Pick Up (4-H Office 2:00-4:15pm)
- 7 St. Martin Parish Livestock Show (Barn @ BBHS)
- 13 Deadline to register for rabbit shows
- 16 4-H Office Closed – Martin Luther King, Jr. Day**
- 19 Deadline for January 4-H Trivia Contest
- 21-22 Hunter Education Class for Shooting Sports members
- 24-28 Acadiana District Livestock Show (Lafayette)

February

- 2 Premier Exhibitor Tests for Rabbit and Poultry
- 4 Super Saturday Contest Day (BBHS campus)
- 11-18 State Livestock Show (Gonzales)
- 15 LA 4-H Commodity Contest Registration Deadline
- 28 Portfolios picked up by 4-H Agents
- 28 Outstanding 4-H Club Member Applications due

St. Martin 4-H Fun Day

St. Martin 4-H Fun Day was held on Tuesday, November 22nd at Breaux Bridge High School for 3rd - 6th grade 4-H members who wanted to learn more about leadership, communication, physical activity, and healthy living!

The following 4-H'ers participated in 4-H Fun Day: **BBE 3rd**: Colston Thibodeaux; **BBE 4th**: Aniya McElroy, and Devry Wiltz; **BBE 5th**: Khloe Lupe, Aswitha Raja, Leslie Torres, Bria Nichols, and Alyaynah Simon; **BBJH 6th**: Peyton Thibodeaux; **Parks 3rd**: Jessy Reeves, and Jean Hebert; **Parks 4th**: Ellie Cammille, Jase Reeves, and Harper Dugas; **PMS 5th**: Brock Doucet; **PMS 6th**: Isabella Winborne; **SBS 5th**: Ava Gauthier; **SMP 4th**: Isabella Champagne; **Teche 3rd**: Brinley Broussard, Harlie Guidry, Kaleigh Auzenne, Kandice Sinegal and Riley Hernandez; **Teche 4th**: Ava Boyer, Brylee Broussard, Eleanor Melancon, Emma Boyer, Graham Knott, Kason Page, Jenna Frederick, and Hallie LeLeu; **Teche 5th**: Andi Alvarez, Kadynce Dartez, and Cadence Carron, Jherron Fontenette, Khloe Mire, Genesis Shaw, and Nicholas Taylor ; **CJH 6th**: Aubryana Burleigh; **At-Large**: Aaron Anderson, Annalise Arnaud, Calais Varnado, and Mia Hebert. The following Jr. Leader Members assisted with this event: Bradlie Debnam, Lanie Leleu, Olivia O'Brien, Alyssa Theriot, Isabelle Couvillion, Miley Bourque, Landon Battin, Billy Poirier, Cullen Leleu, Landon Champagne, Averi Theriot, Romya Noel, Emilee Lasseigne, James Gauthier, Isabelle Patin, Ethan Meche, and Alyssa Matamoros.

Shooting Sports News

Save the Dates:

January 21-22, 2023: Hunter's Education Class (4-H Office)

March 11-19, 2023: Southern Regional Shooting Sports Match (Port Allen and Gonzales)

April 15-23, 2023: State Shooting Sports Match (Caddo and DeSoto Parishes)

Additional information and registration forms for each of these events will be mailed out soon!

Livestock News

Livestock Show Dates:

- January 6-7, 2023 **St. Martin Parish Livestock Show** (Parish Livestock Barn on the Breaux Bridge High School campus)
- January 24-28, 2023 **Acadiana District Livestock Show** (Blackham Coliseum in Lafayette)
- February 4, 2023 **St. Martin Parish Poultry and Rabbit Show** (Parish Livestock Barn on the BBHS campus)
- February 11-18, 2023 **LSU State Livestock Show** (Lamar Dixon Expo Center in Gonzales)
- March 4, 2023 **LSU State Rabbit Show** (Evacuation Facility on LSUA's campus in Alexandria)

A Shout-Out to our Livestock Exhibitor and Parent Meeting Attendees: Annalise Arnaud, Brinton Clark, Mary Harris, Therese Harris, Ethan Meche, Bradlie Debnam, James Gauthier, Ava Gauthier, Mia Hebert,

John Fontenot, Addie Landry, Cullen LeLeu, Hallie LeLeu, Lanie LeLeu, Tucker Thibodeaux, Juliana Girouard, and Isabelle Couvillion

Poultry News

The St. Martin Parish Poultry Premier Exhibitor contest will be held on February 2nd at the 4-H Office.

The Parish Poultry Show will be held on Saturday, February 4, 2023, in conjunction with Super Saturday Contest Day at the Breaux Bridge High School Livestock Barn. More information will be emailed to those who registered for this event.

A Shout-Out to our Poultry Clinic Participants: Landon Battin, Annalise Arnaud, Mia Hebert, Calais Varnado, Aiden Edgar, Perry Hernandez, Kadience Bergeron, and Juliana Girouard.

Food for Families Food Drive:

So many 4-H members from across the parish donated non-perishable food items to the Food for Families Food Drive.

Ronald McDonald House Charities

Why Pull Tabs?

This little tab that you use to pull open your can of soda can make a significant impact on the Ronald McDonald House of Memphis. The aluminum can is valuable, but the tab is made of a purer, higher-grade aluminum. It is cleaner to collect than the cans and takes up less space. You could actually pull the tab off for the Ronald McDonald House and then recycle the entire can for yourself or another charity. Please do not bring steel tabs, as they are not recyclable.

Pull Tab Facts

1 tab = 1 inch 1,000,000 tabs = 16.75 miles

1267 tabs = 1 pound 36 tabs = 1 yard

63,360 tabs = 1 mile 2,534,000 tabs = 1 ton

Community Friendly

Anyone and everyone can join in this effort and share in that wonderful feeling one gets when helping others. In a community where another Ronald McDonald House collected tabs, a homeless man who collected cans from along roadsides took the time to remove the metal rings and quietly brought his contribution to his local Ronald McDonald House. This is a great way to bring your group, company, school, church, or family together.

Emotion Scenarios

Put your thinking cap on and try to come up with solutions to the scenarios below. Discuss the possible answers with someone you trust.

1. You forgot your book sack on the bus and now you can't turn your homework in during class. What can you do? How do you feel?
2. You are eating out with your family and don't like anything on the menu. What can you do? How do you feel?
3. Your best friend is moving out of town. How do you feel?

Fear is an important emotion!

We should always pay attention to our emotions, especially fear. Fear alerts us to danger or the threat of harm. The danger might be both physical and emotional, but we should not ignore it.

If You Really Knew Me, You Would Know..... (Fill in the blanks)

_____ is my favorite movie.

_____ is my favorite ice cream.

_____ is my favorite book.

_____ is my favorite person.

_____ is my favorite meal.

_____ is my favorite hobby.

_____ is my favorite song.

Recipe of the Month-Sunny Smiley Pancakes

Ingredients:

- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 2 tablespoon baking powder
- 1 teaspoon salt
- 1 cup milk
- 2 tablespoons vegetable oil
- 1 egg, beaten

Instructions:

Combine flour, sugar, baking powder, and salt into large bowl. Make a well in the center and pour in the milk, oil, and egg. Mix well. Heat an oiled griddle over medium heat. Pour 1/4 cup of batter onto griddle. Cook until bubbles form. Flip. Using fruit, make a sunny smiley face. Share!

Resource: [Easy Pancakes Recipe \(with Video\) \(allrecipes.com\)](https://www.allrecipes.com/recipe/23893/easy-pancakes-recipe/)

4-H Trivia

Each month, we will have a trivia contest in the *Cloverbud Gazette* newsletter.

If you email the correct answer to us, along with your full name, school you attend, and your grade level, by the deadline, you will receive a prize at your next club meeting. Remember, your answer must be correct!

January 4-H Trivia Question

When are the 4-H Outstanding 4-H Member Applications due?

Email us the answer along with your full name, the school you attend, and your grade level by 1/20/23 to: smartin4h@yahoo.com

Sincerely,

Mrs. Ashley

Ashley Istre
4-H Agent

Mrs. Erica

Erica Poirier
4-H Agent

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, veteran status, or disability. Should you need an ADA accommodation for your participation in any aforementioned activity, please contact the St. Martin 4-H office at 337-332-2181 no later than 2 weeks prior to the event. The LSU AgCenter provides equal opportunities and employment. Cooperating agencies: LSU AgCenter, Louisiana parish governing bodies, and the United States Department of Agriculture.