



# Cloverbud Gazette

September 2022



## St. Martin Parish Cooperative Extension

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Breaux Bridge, LA 70517

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Website: [www.louisiana4h.org/stmartin](http://www.louisiana4h.org/stmartin)

Office Hours: 8 a.m. to 4:30 p.m., Monday-Friday

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

We are so excited to have you as a member of a very important group of 4-H'ers called Cloverbuds. As a Cloverbud, you are a real member of your 4-H Club. You get to meet new friends, go to new places, and participate in lots of 4-H activities with the rest of your group.

As a Cloverbud, you take the first step in learning about all the things there are to do in 4-H. Later, when you are in the fourth grade and 9 years old, you will be ready to step up to the next level and take on 4-H project work. In 4-H, the slogan is "Learn by Doing!" So, you will learn and do things every time you are with us. We're looking forward to a great year in 4-H!

Sincerely,

*Mrs. Erica Poirier*

*Mrs. Ashley Istre*

Dear Cloverbud Member,

Welcome to 4-H! My name is Cloverbuddy. I will help you through your 1<sup>st</sup> year in 4-H. Get ready to have fun at club meetings and other events. You will have lots of fun and learn new things.

4-H is a big club for kids! 4-H is FUN. 4-H is learning. It is making new friends and trying new things. Each month, you will learn about a different topic at your club meeting. We will do some fun exercises too! I hope you have a super fun year with me in 4-H!

Sincerely,

Cloverbuddy

## In Loving Memory A Celebration of Life



April 26, 1966 – April 18, 2022

### Mrs. Hope B. Guidry

This year will be dedicated in her memory to celebrate her contribution of nearly 16 years to the 4-H Program in St. Martin Parish.



# Clover Event Calander

## September

- 5 **4-H Office Closed** – Labor Day
- 18 Shooting Sports Open House (Livestock Barn at BBHS)
- 22 4-H Online Enrollment & Dues due to club leader at school

## October

- 2-8 National 4-H Week Opportunity4All
- 29 Fall Fest Contest Day (*4-H Office*)

## November

- 22 Commodity Sale Pickup (Livestock Barn at BBHS)



What is a 4-H Agent? Well.... a 4-H Agent makes 4-H happen in your parish. They plan events, come up with workshops for you to attend, make things fun, and visit you at club meetings. St. Martin Parish has two 4-H Agents. Meet the 4-H staff below.

### WELCOME NEW 4-H AGENT



**Mrs. Ashley Istre** is transferring from the St. Mary Parish office. Ashley grew up in 4-H exhibiting market swine in St. Mary Parish. She graduated from McNeese State University with a Bachelors Degree in Animal Science and is currently pursuing her Masters Degree from LSU in AEEE. She has worked with 4-H Youth for 6 years and is excited to continue serving the youth of St. Martin Parish.



**Mrs. Erica Poirier** is from St. Martinville, LA. She joined the LSU AgCenter as a 4-H Agent in October 2021 after being involved with the St. Martin Parish 4-H program since 2008 as an adult volunteer. Mrs. Erica is married to Barry Poirier and they have 4 children – Courtney, Bailey, Abbey, and Billy. She has a Bachelors degree from the University of Southwestern Louisiana and a Masters degree from Louisiana State University.

# How Do You Join? & What Does it Cost?

The St. Martin Parish 4-H Office receives \$10.00 from each 4-H member. This is collected by your 4-H Club Leader. Out of the \$10.00 we collect from each 4-H'er, the State 4-H Office gets \$5.00 to help pay for programs and awards. *(The money that we keep from your dues helps us with the cost of our 4-H meeting supplies, contests, activities, and awards.)* NOTE: Some clubs collect additional dues (up to \$5.00) to help pay for 4-H club activities at their school. Your 4-H Leader will let you know what your 4-H dues are.

**In order to join 4-H, you must enroll in the NEW 4-H ONLINE SYSTEM and turn in dues to your 4-H Leader at school by Thursday, September 22<sup>nd</sup>. Instructions for registration are found below. If you encounter a problem with registration, please contact the 4-H Office at 337-332-2181.**

**\*\*DO NOT USE A SCHOOL EMAIL ADDRESS TO REGISTER BECAUSE THE 4-H ONLINE SYSTEM WILL NOT BE ABLE TO ACCESS THESE EMAIL ADDRESSES. THANKS IN ADVANCE FOR YOUR COOPERATION.**

**HOW TO REGISTER IF NOT ALREADY ENROLLED IN 4-H ONLINE:** Youth and adults must be enrolled in 4H Online to complete registration. For instructions on how to enroll in 4-H Online go to <https://youtu.be/tQVzNHO6Hsk>.

Creating a NEW 4-H Online Account 1. Go to <http://v2.4honline.com>. 2. If you've never had an account in 4-H Online, click "Don't have an account".

**ENROLLMENT TIPS:** Be sure to select **ST. MARTIN** parish that you wish to enroll in 4-H. Also, you will need to **select your school club** and projects as part of 4-H Online Enrollment. If your clubs or projects are not listed select "Club not listed" or "Project not listed." If you do not get to the point in enrollment that you need to select your clubs, projects, and sign consents, then you have not completed Enrollment.

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## What Can You Expect as a 4-H Member?

Being a 4-H member is going to be a lot of fun this year. You get what you put into your 4-H experience. So, what does it mean when you sign up to be a 4-H member? How do you have a positive experience as a 4-H member?

Expectations of 4-H Members in order to have a great 4-H experience:

- Have FUN
- Participate/Take Part in Events, Activities, and Workshops
- Make Friends
- Participate in Meetings
- Volunteer to Do Community Service
- Have a Good Attitude During 4-H Events
- Complete your 4-H Portfolio
- DO YOUR OWN 4-H WORK!!!!
- Attend 4-H Achievement Day
- Ask Questions if You Are Confused!



# Attention Parents of 4-H Members:

Whether you are a seasoned 4-H parent, or this is your first year in 4-H with your child, there is a special role a parent plays in their child's 4-H experience.

Your child needs your encouragement to get them started in 4-H and to keep them involved in the program through their teen years. You can help if you:

- **Share:** Take interest, look, listen, and offer suggestions, but avoid the temptation to "take over" and do things yourself.
- **Prepare:** Help your child value having their projects, duties, and presentations done right and on time.
- **Be There:** Parents are part of 4-H, too. You are welcome and very needed. Lend a hand where you can. Volunteer!
- **Care:** Support your child's participation and abide by the policies set by the 4-H Youth Development Program.

Remember - The St. Martin Parish 4-H program is run by trained youth development professionals who always have the best interest of your child and the program. Help us to make this a positive experience by helping your child and understanding your role as a 4-H parent. As always, if you have a question, concern or suggestion please do not hesitate to contact Erica or Ashley at 337-332-2181.



## 4-H Fun Facts

**The 4-H Motto is:** *"To Make The Best Better"*

This motto challenges everyone involved in 4-H to do the very best job they can.

**The 4-H Colors Are:** *Green and White.*

Green symbolizes nature's most common color. White symbolizes purity.

**The 4-H Emblem is:**

A green four-leaf clover with the letter "H" on each leaf. The H's stand for: **Head, Heart, Hands, and Health**



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. Erica at [epoirier@agcenter.lsu.edu](mailto:epoirier@agcenter.lsu.edu) or Mrs. Ashley at [aistre@agcenter.lsu.edu](mailto:aistre@agcenter.lsu.edu).



Youth who are 9 years old prior to January 1, 2023 are eligible to participate in the livestock program. 4-H members who plan to raise animals and take part in the livestock shows must select the appropriate project(s) on their enrollment card. Exhibitors must also take possession of their animals by the dates listed below if they wish to participate in the parish, district, and state livestock shows. Exhibitors of market and commercial animals must validate their animals by the deadline.

**If you will be exhibiting a livestock animal for the 1st time this year, please contact the 4-H Office at 337-332-2181 immediately so you can be**



placed on our mailing lists in order to receive important information. The 4-H Agent that works with livestock is Mrs. Ashley Istre. Please contact Mrs. Ashley at 332-2181 or by email at [aistre@agcenter.lsu.edu](mailto:aistre@agcenter.lsu.edu) with any questions.

**Possession Dates:**

<b>August 15, 2022</b>	Market Steers
<b>November 7, 2022</b>	Beef, Dairy, Sheep and Goats
<b>November 14, 2022</b>	Deadline to order Broiler Chicks (possession takes place the 1st week of Jan.)
<b>November 14, 2022</b>	Miniature Cattle
<b>December 2, 2022</b>	Swine
<b>January 1, 2023</b>	Rabbits (for parish show only)
<b>April 1, 2023</b>	Horses



### **Showing Character in your Livestock Projects**

In livestock projects, as well as any other 4-H project, it is important for you to act in good character every day. It is not following just one pillar of character - You should look at all six of them.

These pillars are:

- **Trustworthiness** – Be honest; Don't deceive, cheat, or steal
- **Respect** – Be considerate of the feelings of others; Be tolerant of differences
- **Responsibility** – Do what you are supposed to do; Think before you act; Be accountable for your choices
- **Fairness** – Play by the rules; Don't take advantage of others; Don't blame others
- **Caring** – Help people in need; Be kind and compassionate; Show that you care
- **Citizenship** – Be a good neighbor; Obey laws and rules; Respect authority

*Be an Exhibitor who Shows Good Character!*

## Shooting Sports

Youth who are 9 years old prior to January 1, 2023, are eligible to participate in the shooting sports program. **4-H members who plan to participate in the shooting sports program must select the Louisiana**

**Shooting Sports project in the outdoor skills/shooting sports area on their enrollment card.** If you select the Louisiana Shooting Sports project, you will be contacted by mail or email about the registration process, fees, future workshops, trainings, practices, and safety clinics. Project books will not be distributed until the first shooting sports meeting, which will be announced later. The 4-H Agent that works with shooting sports is Mrs. Erica Poirier. Please contact Mrs. Erica at 337-332-2181 or by email at [epoirier@agcenter.lsu.edu](mailto:epoirier@agcenter.lsu.edu) with any questions.



**4-H Shooting Sports**  
*Learn by Doing*

**\*\*Please note that there are extra fees and requirements for those involved in the Shooting Sports program. Adult support is required. An adult must attend all events with youth.**

## Shooting Sports Open House

### Sunday, September 18, 2022

Breaux Bridge High School Livestock Barn

**1:00 - 2:00 pm**



4H Shooting Sports National Competitors

Join us to learn more about the

**St. Martin Parish's 4-H Shooting Sports program.**

- Meet certified instructors
- Find out what equipment and supplies youth participants will need for each discipline
- Ask Questions
- Find out how to become a certified instructor
- Turn in registration forms and fees early

## Save the Date: October 29, 2022



All 4-H members are invited to join us at the first contest day of the year, 2022 4-H Fall Fest! Fall Fest will be held on Saturday, October 29, 2022, at the 4-H Office in Breaux Bridge (114 Courthouse Street, Breaux Bridge, LA 70517). What do you do at Fall Fest? At Fall Fest, you can enter the Pet Show, Cookery Contest, Fall Photography Contest, Pumpkin Decorating Contest, and Rock Decorating Contest. A complete booklet of Fall Fest

contest rules will be distributed at the October 4-H club meetings. *If you have questions, call 337-332-2181.*

## National 4-H Week is October 2-8, 2022



This year's 4-H theme is **Opportunity4All**. 4-H will be working on building up our enrollment, building true leaders, building future citizens, and building impacts within our community! We hope to offer as many opportunities to all 4-H members as we normally do! Those opportunities may look slightly different at times, but they will be safe, educational, and fun! Whether virtual or in-person, we will work on building up our youth by using their **H**eads, **H**ands, and **H**earts to **"Make the Best, Better!"**

**National 4-H Week will be celebrated October 2-8, 2022.** We challenge each of our members to share your 4-H stories and participate in community service throughout the week! Be sure to check out our parish social media and Louisiana 4-H social media pages for ideas and activities. As you build your communities through service, please share your pictures and stories with us on social media by using **#Opportunity4All** on all of your posts.

## St. Martin Parish 4-H Fall Commodity Fundraiser



The St. Martin Parish 4-H Foundation is hosting an annual fundraiser and will be selling both sweet potatoes and pecans. Proceeds from this sale will benefit the St. Martin Parish 4-H Program. The sweet potatoes are Louisiana grown on Garber Farms in Iota. The pecans are from Pointe Coupee Pecan Company.



Orders are due to the St. Martin Parish 4-H Office by November 9th. Pick-up for the items ordered will take place on November 22<sup>nd</sup> from 3:00 p.m. until 5:30 p.m. at the Breaux Bridge High School Barn, near the football field.

To order, fill out the form and return to the St. Martin Parish Extension Office located at 114 Courthouse Street, Breaux Bridge, LA. 70517. For questions or more information, please contact the St. Martin Parish 4-H Office at 337-332-2181.



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!

### **September 4-H Trivia Question:**

***What do the 4 H's stand for?***

Email us the answer along with your full name, the school you attend, and your grade level by 9/20/22 to: [stmartin4h@yahoo.com](mailto:stmartin4h@yahoo.com)



**BASH ON THE BAYOU**  
2022  
**LSU v. MS STATE**

**SAVE THE DATE!**

JOIN LOUISIANA 4-H, FFA, AND THE LSU COLLEGE OF AGRICULTURE FOR BASH ON THE BAYOU - A TAILGATE EVENT AS THE TIGERS TAKE ON MISSISSIPPI STATE.

**DATE: SEPTEMBER 17, 2022**  
**TIME: 12:00 - 3:00 PM**  
**\$5 ADMISSION FEE**

ALL PROCEEDS BENEFIT COLLEGE OF AGRICULTURE SCHOLARSHIPS

**BLOCK SEATING AVAILABLE AT \$38 /TICKET**

QUESTIONS?  
KAYLA MCGUIRE      CADE LEJEUNE  
KCMGUIRE@AGCENTER.LSU.EDU      CLEJEUNE@AGCENTER.LSU.EDU  
HENRY HEBERT  
HENRYH@LSU.EDU

 **LSU**   
College of Agriculture

Get ready to cheer on our LSU Tigers as they take on Mississippi State on September 17. Save the date for our first annual Bash on Bayou- LSU College of Agriculture, 4-H and FFA Tailgate. More information on Tailgate registration coming soon. Group tickets for game will be \$38 and may be purchased at : <https://fevo.us/fv-offer--20220728-A66-203/?>



## Character Connection

As a 4-H member, you will be challenged to live up to the motto "To Make the Best Better". You should strive to be the best person you can be. Some good character traits are: be a well-mannered child, be a good student, be a kind friend, and be a good citizen.

Unscramble the words below to discover the "Six Pillars of Character".

1. HONIWEUSTTSRSTR \_\_\_\_\_
2. SPECRTE \_\_\_\_\_
3. STSBIPIOLENRI \_\_\_\_\_
4. ARSNFEIS \_\_\_\_\_
5. GNRCAI \_\_\_\_\_
6. IPETICHSNZI \_\_\_\_\_

Answers: 1. Trustworthiness, 2. Respect, 3. Responsibility, 4. Fairness, 5. Caring, 6. Citizenship

## 4-H Word Scramble

Unscramble each word from the 4-H Pledge. Then use the letter above each number to fill in the hidden word.

DEHA      
2

HERTA       
4

DHSAN       
3

HLTAHE        
1

CULB

ROUTYNC         
5

1 2 3 4 5

Answers: head, heart, hands, health, club, country  
Hidden word: answer: Learn

## Recipe of the Month

### Louisiana Fruit Salad

#### Ingredients:

- 1 21-ounce can peach pie filling
- 2 15.5-ounce cans pineapple chunks, drained well
- 2 11-ounce cans mandarin oranges, drained well
- 1 10-ounce package frozen strawberries
- 4 bananas, sliced



#### Directions:

Mix pineapple, oranges, strawberries and bananas. Pour peach pie filling over fruit. Stir again until mixed. Chill before serving.

Reference: 4-H Cloverbud Project Activity Guide; LSU AgCenter Pub. 3387

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