



# Bayou Gazette

October 2022 – 7<sup>th</sup>-12<sup>th</sup> Grade Edition

## 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! We will work on *building* up our youth by using their Heads, Hands, and Hearts 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!

“Why fit in when you were born to stand out?” - Dr. Seuss



### St. Martin Parish Cooperative Extension

114 Courthouse Street  
Breaux Bridge, LA 70517  
Phone: 337-332-2181  
Fax: 337-332-2870

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

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

Ashley Istre

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Social Media: Search “St. Martin Parish 4-H” on Facebook, Twitter, Instagram, & Pinterest



## NATIONAL 4-H WEEK 2022

October 2-8

#Opportunity4All





## October

- 2-8 National 4-H Week
- 14 Shooting Sports Registration Forms and Fees are due to the 4-H Office
- 16 Mandatory Safety Meeting for Archery, Air Pistol, Air Rifle, and BB (*Livestock Barn at BBHS*)
- 20 October 4-H Trivia Contest Deadline
- 23 Mandatory Safety Meeting for Shotgun and Smallbore (*Livestock Barn at BBHS*)
- 29 Fall Fest Contest Day (*4-H Office & BB Library*)

## November

- 7 Possession Date (Sheep, Goats, Beef, Dairy, and Exhibition Birds)
- 7 Validation Date for Market Lambs, & Commercial Ewes, Market Goats & Commercial Does, and Beef & Dairy Commercial Heifers
- 9 Sweet Potato and Pecan Orders due to the 4-H Office
- 14 Possession Date for Miniature Cattle
- 22 4-H Fun Day & Pick Up Date for Sweet Potato and Pecan Orders (*Livestock Barn at BBHS*)

## December

- 2 Possession Date for Swine & Validation Date for Market Hogs and Commercial Gilts

**NOTE: The 4-H Office will be closed from Friday, December 23, 2022 through Monday, January 3, 2023.**

**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 Friday, September 30<sup>th</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.

## 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.



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

## 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**

**4-H PLEDGE**

I pledge my **HEAD** to clearer thinking,  
my **HEART** to greater loyalty,  
my **HANDS** to larger service,  
and my **HEALTH** to better living,  
for my club, my community,  
my country, and my world.



### 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, the Edible Art Contest, the Pumpkin Decorating Contest, the Fall Photography Contest, the 4-H ROCKS Contest, and the Beef or Sugar Cookery Contests!

A complete booklet of Fall Fest contest rules is being distributed at the October 4-H club meetings. Rules can also be found on our Facebook page (St. Martin Parish 4-H). Check our Pinterest page for edible art, pumpkin decorating, and rock painting ideas too. *If you have questions, call 337-332-2181.*

Edible Art Ideas:



Pinterest Pumpkin Ideas:



Pinterest ROCK Painting Ideas:



# 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



Below are many important dates for livestock exhibitors and their families. Good luck with your projects! If you need assistance or have questions, please contact Mrs. Ashley Istre at 337-332-2181 or [aistre@agcenter.lsu.edu](mailto:aistre@agcenter.lsu.edu)

### Livestock Possession Dates:

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

*Anyone not raising their animals on their property (home or farm) MUST contact the 4-H Office to request a possession hardship application. Completed hardship forms must be turned in to the 4-H Office by the animal's possession date.*

## 4-H Broiler Chick Orders Due November 15, 2022



It's time again to place your order for broiler chicks!

**The broiler project is open to 4-H members who are 9 years old or older by January 1, 2023. In this project, you purchase broiler chicks from the 4-H Office and raise them to show at parish and state shows.**

To order your chicks, send in the completed order form and a payment of 80 cents (\$.80) per chick to the 4-H Office by November 15, 2022.

You should order at least 15 chicks because you will select your best 3 for the parish show in February 2023. Your chicks will be available for pick-up in early January. More information will be mailed to those who order broiler chicks.

*NOTE: Tentative delivery date – Thursday, January 5, 2023*

### St. Martin 4-H BROILER ORDER FORM (due 11/15/22)

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email Address \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

\_\_\_\_\_ # Chicks x .80¢ = \$\_\_\_\_\_ TOTAL DUE

*Payment of 80¢ per chick must accompany order form.*

**Make check payable to: St. Martin Parish 4-H**

Return form with fees to:  
**Broiler Chick Order**  
 c/o St. Martin Parish 4-H  
 114 Courthouse Street  
 Breaux Bridge, LA 70517

# Shooting Sports

Did you select the Louisiana Shooting Sports project on your enrollment card? If so, you will be placed on our mailing list and will receive important information through the mail about registering for the shooting sports program. This packet will also include the 2022-2023 calendar with the practice schedules and match dates.

Please note that the **registration forms that you receive through the mail will be due to the 4-H Office by October 14<sup>th</sup> along with your non-refundable fees.** You will receive your shooting sports project book at the mandatory safety meeting. Only students who are nine years old or older prior to January 1, 2023, are allowed to participate in shooting sports.

If you register for any disciplines, your **mandatory safety meeting will be held on October 16, 2022, or October 23, 2022,** at the Breaux Bridge High School Livestock Barn beginning at 1:00 pm. An adult must attend the meeting with the 4-H member. For your comfort, bring a chair with you.

**NOTE: Participants who do not attend one of the mandatory safety meetings will NOT be allowed to continue in the shooting sports program.**

## 2022-2023 Shooting Sports Ambassadors:

**Benjamin Ellender, BBHS**  
**Soleil Gardemal, At-Large**  
**Ava Johnson, CHS**  
**Billy Poirier, SMSH**  
**Alyssa Theriot, At-Large**



**IT'S  
PAPER CLOVER  
TIME!**

**OCTOBER 5-16<sup>TH</sup> 2022**  
Funds support 4-H camp and leadership activities.



### 4-H Strawberry Clinic

**What:** Learn how to plant and grow strawberries in your garden.

You can purchase plants at the clinic at a cost of 25 cents per plant.

**Date & Time:** Tuesday, October 25, 2022 at 3:30 p.m.

**Where:** 4-H Office, 114 Courthouse Street, Breaux Bridge

If you are interested in participating in the clinic, please call the

4-H office at 337-332-2181.



Each month, we will have a trivia contest in the *Bayou 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!

### October 4-H Trivia Question:

***What skill was covered in the lesson this month?***

Email us the answer along with your full name, the school you attend, and your grade level by 10/20/22 to: [stmartin4h@yahoo.com](mailto:stmartin4h@yahoo.com)

## Congratulations September 4-H Trivia Contest Winners

Last month's trivia question was "What do the four H's stand for on the 4-H emblem?" The correct answer was Head, Heart, Hands, and Health.

Congratulations to the following prize winners:

BBJH 7<sup>th</sup>-8<sup>th</sup>: Adilyn Thompson and Riley Thompson

CJH 7<sup>th</sup>-8<sup>th</sup>: Emilee Lasseigne, Alyssa Vidrine, Averi Wiltz,

Xyailon Harmon, Raelynn Comeaux, and Rylei Pommier

CHS: Olivia O'Brien

PM 7<sup>th</sup>-8<sup>th</sup>: Chance Landry

SBS 7<sup>th</sup>-8<sup>th</sup>: Averi Theriot

SMSH: Mylin Alexander, Jalaina Smith, Ga'Laina Harris, and Billy Poirier

At-Large 7<sup>th</sup>-8<sup>th</sup>: Aiden Edgar and John Adam Fontenot

At-Large 9<sup>th</sup>-12<sup>th</sup>: Isabelle Couvillion



## Banana Smoothie

Ingredients:

- 1 medium banana
- 1 cup milk
- 1 tablespoon honey
- 6 to 8 ice cubes

Directions: In a blender, add a peeled banana, 1 cup milk, 1 tablespoon honey, and the ice cubes. Blend until smooth.

Bananas are a good source of Vitamin B-6, C, and Potassium. Plus they are delicious!!!

## Self-Awareness Activity:

*Students write their name vertically down a piece of paper. With each letter write a positive quality about themselves or use a descriptive word to describe who they are. Write an example/memory for each.*

*Example:* Sarah

Silly

Always helping others

Reads

Autumn is my favorite season

Happy



**Challenge Camp Dates:**

November 15-16, 2022

**Location:** Acadiana Baptist Center, 1202 Academy Dr, Eunice, LA 70535

**Eligible Campers:** 7<sup>th</sup> and 8<sup>th</sup> graders. \*

Priority is given to first-time campers.

Please contact the 4-H Office at

337-332-2181 if you are interested in

attending to be put on the list.

# Junior Leader Club

Looking for a greater 4-H experience? Join the Jr. Leader Club to become more active in 4-H and in your community.

It's not too late to **JOIN THE CLUB**

The next meeting will take place on **Monday, October 17<sup>th</sup> at the 4-H Office from 5:00-6:30 pm.** All 4-H'ers in 7<sup>th</sup>-12<sup>th</sup> grades are welcome. Dues for this club are \$10.

The Jr. Leader Club is a group of St. Martin Parish 4-H members who gather once a month and do fun things. We also like to volunteer at different events, learn new things, help the community, and go on trips! We hope to see you at our next meeting!

Junior Leaders, Don't forget to sign up to help with these events

- Fall Fest Contest Day (Saturday, October 29th @ 4-H Office)
- 4-H Fun Day (Tuesday, November 22<sup>nd</sup>)
- Sweet Potato and Pecan Distribution (November 22<sup>nd</sup> @ BBHS)



## Mess Fest



4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship** and **life skills.**

Everyone had a fantastic time at the annual Jr. Leader Mess Fest held on Monday, September 26, 2022. Participants had the chance to meet new people, learn about the Jr. Leader Club and the service-learning project, and get down and dirty.

Sincerely,

*Mrs. Ashley*

Ashley Istre  
4-H Agent

*Mrs. Erica*

Erica Poirer  
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, or disability. If you have a disability which requires special assistance for your participation in any aforementioned activity, please contact the St. Martin 4-H office at 337-332-2181. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.*