

Jr. Leader Newsline

Lafayette Parish 4-H



Enroll in Jr. Leaders (if you haven't yet!)

The Junior Leadership Club takes the lead role in parish-wide service learning. The club helps in other parish 4-H activities, such as contest days, workshops, serves as camp counselors, etc. This is one of the greatest experiences of a high school 4-H'er. Any way you look at it, you can't afford NOT to be a 4-H Junior Leader.

Membership is open to all 8-12th graders in Lafayette Parish. Dues are \$10.00 for one year. Make all checks payable to Lafayette 4-H Foundation. If you missed the October meeting, try not to miss the next one scheduled for Wednesday, November 16th at 5:00 p.m. at the 4-H Office.

Lafayette Jr. Leader GroupMe



Our club uses GroupMe to send out reminders and other important information. 4-H Members and parents are welcome to join to stay in touch!

Mindful Mechanics Lesson

This month we will focus on mindful eating. Mindful eating is all about paying more attention to what you are eating- what it looks like, smells like, feels like, and- of course- what it tastes like. By practicing mindful eating we slow down our food consumption, notice what we are eating more and how it makes us feel.

November 2022

Lafayette Office
1010 Lafayette St., Ste. 325
Lafayette, LA 70501
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Dates to Remember:

- November 16th – Jr. Leader Meeting
- November 24th – Thanksgiving
- December 7th – Jr. Leader Officer Meeting
- December 21st – Jr. Leader Meeting

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Lafayette Jr. Leader Officer Team

- President:** Shaohannah Martin
- President Elect:** Victoria Couvillion
- Vice President:** Laila Horton
- Secretary/Treasurer:** Isabella Couvillion
- Reporter:** Grace Martin

Lafayette 4-H Agents:

Paul Bongarzone
Nicole Gerard

CHARLES HEBERT

FoodNet Food for Families Drive

The Food for Families Food Drive will be held on Tuesday, December 6th. Lafayette Junior Leaders will be collecting non-perishable food items to donate at the food drive. Please bring contributions to the November meeting so that we can plan to drop off at the Cajundome Arena and Convention Center during the collection on December 6th.

Ideal Items for donation include:

- Boxed Crackers
- Canned Meat (tuna, salmon, chicken)
- Dried Beans, Lentils, or Peas
- Canned Beans (low sodium)
- Canned Chili
- Peanut Butter
- Jelly
- Nuts
- Canned Soups/Stews
- Box Oatmeal
- Brown Rice
- Pasta
- Spaghetti Sauce
- Canned Fruit (100% fruit juice)
- Canned Vegetables (no or low salt)
- Granola Bars

Project Books

Members have received their project books over the last two months of meetings. We will hold a project book and portfolio workshop on Tuesday, December 21, 2021, for anyone to attend and help.

The portfolio workshop will be in the morning, from 9:00 a.m.-11:30 a.m. The 4th and 5th grade project book workshop will be from 1:00 p.m.-4:00 p.m.

Get a head start on project/record books this year by taking part in the 4-H Record Book Workshops. We are offering two workshops this year on the same day, at different times.

The first session is for 6th-12th grade members that will be completing the 4-H Portfolio that includes the leadership and citizenship portions of the project along with their 4-H story and will be held on December 21st from 9:00 a.m. until 11:00 a.m. at the Lafayette Parish Extension office.

The second session will be held for members in 4th and 5th grades working on Discovering the World of 4-H and Exploring the World of 4-H projects from 2:00-4:00 p.m. at the Lafayette Parish Extension office located at 1010 Lafayette Street, Suite 325.

We ask that Jr. Leaders sign up as volunteers to work the second session. Thank you in advance for your help!

Ag Career Day

Join us for the annual LSU AgCenter Southwest Region Agricultural Career Day at the H. Rouse Caffey Rice Research Station in Rayne, LA. The Agricultural Career Day offers youth from Southwest Louisiana in grades 8-12 a unique opportunity to learn more about agricultural careers, research, and production. Youth will experience firsthand the basics behind agricultural production. In addition, participants will learn about potential agricultural related careers from university, research, and extension leaders. Registration is limited to 10 students in 8th-12th grade from Lafayette Parish. Career Day programs will take place at 9:15 am – 3:00 pm with lunch provided. Participants will be responsible for their own transportation to and from the Rice Research Station. Members interested in participating should contact Mr. Paul at pbongarzone@agcenter.lsu.edu in order to receive a registration form. Registration is due by November 18, 2022.



Thank you for Assisting with Officer Training

A big thank you goes out to all those who stepped up to assist with the Lafayette Parish Officer Training Workshop. We had over 100 officers from clubs across the parish attend the training at Lafayette Middle on October 25th. Special thanks to Alex Theall and Laney Emmels for leading the Treasurer workshop.

Thank you for helping with the Poboy Sale

Just wanted to thank all the following Jr. Leaders for helping and making with the Poboy sale. And all the buyers and pick up people.

Carter Aucoin

Laney Emmels

Alex Theall

Shaoey Martin

Grace Martin

Award Applications

The following award applications are being sent to select grade levels of 4-H members. They are as follows:

Golden Clover: 7th Grade and 8th Grade

Emerald Achievement: 11th Grade and 12th Grade

Honor Cord: 12th Grade

These award applications are due December 15th, 2022, to the Lafayette 4-H Office. Applications were sent out electronically and emailed to all qualified members from the 4-H office.

