

# The 4-H Bayou Gazette

January 2023- 4<sup>th</sup>-6<sup>th</sup> Grade Edition

## 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**

**4-H Agent**

[aistre@agcenter.lsu.edu](mailto:aistre@agcenter.lsu.edu)

**Erica Poirier,**

**Assistant 4-H Agent**

[epoirier@agcenter.lsu.edu](mailto:epoirier@agcenter.lsu.edu)

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

## Super Saturday

February 4, 2023 (BBHS campus)

Super Saturday is the second contest day of the year. It will be held at

Breaux Bridge High School on Saturday, February 4<sup>th</sup>. Youth in 4<sup>th</sup>-12<sup>th</sup> grades can participate in the following contests:

- **Seafood, Rice, and Bento Box Cookery 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 14<sup>th</sup> required*)
- **Poultry Show** (*exhibitor must be 9 years old or older by 12/31/2022; pre-registration by December 7<sup>th</sup> 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.

## Save the Date for 4-H Summer Camp

4-H Summer Camp is open to youth in 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade as of 1/01/2023. St. Martin Parish 4-H'ers will be attending 4-H Summer Camp in Pollock on **July 17-20, 2023**. We will camp with youth from Acadia, Catahoula, Ascension, Jackson, and Jeff Davis parishes. Watch for more information and the registration form in an upcoming newsletter. A limited number of spots will be available.

## 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 and your project book(s) 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 and project book(s) 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 28<sup>th</sup>.** 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 and project book(s) after February 28<sup>th</sup> and on or before March 10 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: \_\_\_\_\_

***Confused about portfolios?***

*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 4-H newsletter or the 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 28<sup>th</sup>. Members who turn in applications after February 28<sup>th</sup> 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](mailto:aistre@agcenter.lsu.edu) or Mrs. Erica at [epoirier@agcenter.lsu.edu](mailto:epoirier@agcenter.lsu.edu)

# Clover Event Calender

## 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**
- 20 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 Portfolio and Project Book(s) picked up by 4-H Agents
- 28 Outstanding 4-H Club Member Applications due

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.



## 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 4-H Fun Day

St. Martin 4-H Fun Day was held on Tuesday, November 22<sup>nd</sup> at Breaux Bridge High School for 3<sup>rd</sup> - 6<sup>th</sup> 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 3<sup>rd</sup>**: Colston Thibodeaux; **BBE 4<sup>th</sup>**: Aniya McElroy, and Devry Wiltz; **BBE 5<sup>th</sup>**: Khloe Lupe, Aswitha Raja, Leslie Torres, Bria Nichols, and Alyaynah Simon; **BBJH 6<sup>th</sup>**: Peyton Thibodeaux; **Parks 3<sup>rd</sup>**: Jessy Reeves, and Jean Hebert; **Parks 4<sup>th</sup>**: Ellie Cammille, Jase Reeves, and Harper Dugas; **PMS 5<sup>th</sup>**: Brock Doucet; **PMS 6<sup>th</sup>**: Isabella Winborne; **SBS 5<sup>th</sup>**: Ava Gauthier; **SMP 4<sup>th</sup>**: Isabella Champagne; **Teche 3<sup>rd</sup>**: Brinley Broussard, Harlie Guidry, Kaleigh Auzenne, Kandice Sinegal and Riley Hernandez; **Teche 4<sup>th</sup>**: Ava Boyer, Brylee Broussard, Eleanor Melancon, Emma Boyer, Graham Knott, Kason Page, Jenna Frederick, and Hallie LeLeu; **Teche 5<sup>th</sup>**: Andi Alvarez, Kadynce Dartez, and Cadence Carron, Jherron Fontenette, Khloe Mire, Genesis Shaw, and Nicholas Taylor ; **CJH 6<sup>th</sup>**: 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.

## 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)

**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 2<sup>nd</sup>** 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.

## **Rabbit News**

The St. Martin Parish Rabbit Show will be held on February 4, 2023, at the Breaux Bridge High School Livestock Barn in conjunction with the Super Saturday Contest Day. Participants must be 9 years of age or older as of 12/31/2022. Exhibitors must have had the rabbits in their possession by January 1, 2023, in order to participate in this event. Eligible exhibitors must pre-register their individual rabbits by January 13<sup>th</sup>. There will be an entry fee of \$3.00 per rabbit and checks should be made payable to St. Martin Parish 4-H. All meat pens must be pre-registered by January 13<sup>th</sup> and will require an entry fee of \$10.00 per pen. Pre-registration information will be emailed to rabbit exhibitors on our list – contact the 4-H Office if you do not receive one by January 1.

The St. Martin Parish Rabbit Premier Exhibitor contest will be held on February 2<sup>nd</sup> at the 4-H Office.

**Save the Date:** There will be a State Rabbit Show at the State Evacuation Shelter (located right next to the Dewitt Livestock Facility) in Alexandria on Saturday, March 4, 2023. More information was sent to rabbit exhibitors on our list – contact the 4-H Office if you do not receive it. Entries for this event will be due on Fair Entry by February 20<sup>th</sup>.

**A Shout-Out to our Rabbit Clinic Participants:** Elijah Polite-Warren, Mason Strawn, Andi Alvarez, and Aubrey Prioux. Also, a special shout out to Bradlie Debnam for sharing her knowledge with all of us.

## **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 (Gonzales and Port Allen)

**April 25-May 1, 2022:** State Shooting Sports Match (Caddo Parish and DeSoto Parish)

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

## **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.

### *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.

### *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

# 2023 Louisiana 4-H Commodity Contest

## CONTEST OBJECTIVE

- To develop and demonstrate leadership and communication skills.
- To use sound nutritional knowledge when planning meals.
- To acquire scientific knowledge and improved understanding of the economy, versatility and nutritional value of Louisiana agriculture commodities and its relationship to human nutrition and health.
- To help youth develop skills in the preparation and use of Louisiana agriculture commodities and to acquire the ability to express their ideas proficiently and efficiently through participation in projects, talks, discussions, demonstrations, and exhibits.

**DATE AND LOCATION** The Louisiana 4-H Commodity Ambassador Contests will be held on **March 1, 2023**, at the **EVAC Megashelter in Alexandria, LA.**

## REGISTRATION

- Registration form is due by **February 15, 2023**.
- Each parish is eligible to enter one bona fide 4-H Club member in each division in each category of the contest. However, an individual may only enter one of the barbecuing events due to an overlap in the cooking and presentation times between the chicken, beef, and turkey events.
- Registration form must be completed by the designated deadline. Failure to submit all information may result in a point deduction and delay of the contest.
- Order of presentation and contestant number will be determined at registration on contest day.

## CATEGORIES:

Beef Barbecue Contest  
Chicken Barbecue Contest  
Turkey Barbecue Contest  
Egg Preparation Demonstration  
Louisiana Crop Commodity Contest  
Seafood Commodity Contest

## AGE DIVISIONS & DETAILS:

Division I        4th to 6th graders  
Division II       7th to 9th graders  
Division III      10th to 12th graders

If you are interested in competing in this contest, please contact us at the 4-H Office at 337-332-2181.

Each month, we will have a trivia contest in *The 4-H 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!

## January 4-H Trivia Question:

***When are portfolios due?***

Email us the answer along with your full name, the school you attend, and your grade level by 1/20/23 to: [stmartin4h@yahoo.com](mailto:stmartin4h@yahoo.com)

## Congratulations November 4-H Trivia Contest Winners

Congratulations to the following prize winners:

**BBE 4<sup>th</sup>**: Gracie Melancon    **Parks 4<sup>th</sup>**: Ellie Camille    **TE 4<sup>th</sup>**: Emma Boyer, Ava Boyer, Eleanor Melancon, Alyssa Patin, Aviree Robert, and Alana Thornton    **SM 4<sup>th</sup>**: Isabella Champagne    **SBS 4<sup>th</sup>**: Finn Baudoin, and Elise LeBlanc    **At-Large 4<sup>th</sup>**: Mia Hebert and Calais Varnado  
**BBE 5<sup>th</sup>**: Bria Nichols and Jeremiah Smith    **PMS 5<sup>th</sup>-6<sup>th</sup>**: Harley Narcisse, Brock Doucet, and Isabella Winborne    **TE 5<sup>th</sup>**: Kadynce Dartz, Nicholas Taylor, and Kynlei Pommier    **BBJH 6<sup>th</sup>**: Gian Denais    **CJH 6<sup>th</sup>**: Aubryana Burleigh, Aubrey Prioux, and Drake Parrish  
**SBS 5<sup>th</sup>-6<sup>th</sup>**: Mason Trahan, Caroline Simon, and Coke Theriot    **At-Large 5<sup>th</sup>-6<sup>th</sup>**: Elise Horn, and Hannah Ellender

# Clovers to the Following:

Each month we will give "clovers" to 4-H members, volunteers, and community supporters for their outstanding work representing St. Martin Parish 4-H! Check back each month!

**4-H Fun Day:** Jamie Meche and Stephanie Schexnayder

**Junior Leader Thanksgiving Social:** Rebecca Clark

**Livestock Workshops:** Dr. Jackie Simon and Stuart Gauthier

**Shooting Sports Camp Participants:**

Isaac Monnin, Macayle Langley, Ava Gauthier, James Gauthier, and

Billy Poirier (State Shooting Sports Ambassador)

**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.

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.*