



# Clover Chatter

Iberia Parish 4-H

October 2015

## Iberia Parish Extension Office

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Find forms and event  
information at:  
**Iberia 4-H Facebook:**

[www.facebook.com/Iberia4H](http://www.facebook.com/Iberia4H)  
or use the QR Code below:



**Iberia 4-H website:**  
[www.lsuagcenter.com/iberia](http://www.lsuagcenter.com/iberia)  
or use the QR Code below:



## National 4-H Week

October 4-10<sup>th</sup> is National 4-H Week! It's a great time to promote your 4-H club to potential members. Did you know that the most effective way to get new members is by having a current 4-H member invite a person to a 4-H meeting or event? That personal connection makes all the difference.

There are many ways to promote your 4-H club. Here are a few ideas:

- Have the club set a goal of how many new members you want to recruit. Reward the whole club with a special treat if you meet your goal.
- Have members invite friends, neighbors, or classmates to an upcoming 4-H event.
- Promote 4-H at your school's open house or community event.
- Send pictures with a well-written article to your local newspaper.



## 4-H Fall Fun Day

4-H Fall Fun Day is scheduled for Saturday, November 14th at Iberia Middle School. Contests to be held that day are the Rice and Beef Cookery Contest and Bicycle Rodeo. Rules for the contest will be given during your October 4-H meeting.

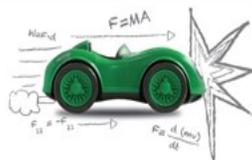
There will also be a healthy living workshop and a service project. For the community service project we will be creating S.N.A.P. Family Fun Night kits. We are asking members to bring healthy snacks including: microwaveable popcorn, granola bars, and 100% juice boxes. We are also asking members to bring family games. The games can be gently used, but must include all the pieces. They can include: jump ropes, plastic ring tosses, card games, and classic games.

## Safety On Cyber Island and Motion Commotion

How do you keep yourself safe while on the internet? We will be discussing keeping our personal information private while still being safe and enjoying the privilege of surfing the internet in our traditional club meetings.

Our non-traditional clubs will experience a "Motion Commotion" experiment which is a science activity that involves

every day materials, including a toy car, modeling clay, ruler, calculator and cell phone. In the experiment, youth will construct a simulated runway to analyze the speed, momentum and kinetic energy of a car in motion, and will explore the science behind the car's collisions. In the second phase, they will lead an experiment that uses the same physics principles to demonstrate the consequences of distracted driving.



## Sugarcane Festival Results

### Sugar Cookery Overall Grand Champions:

Baked Goods : Mason Sellers, N.L.E.

Non-Baked : Aubrey Menard, N.L.E

### Reserve Champions :

Baked Goods:Garrett Ledford-LHS

Non Baked: Alexis Dartez-CHS

### Sugarcane Judging Winners

Elem. Individual Winner: Luke Salsman, CHS

Elem. Team Winners: William Viator, ACS and Luke Salsman, CHS

Jr. High Individual Winner: Lindy Simmons, ACS

Jr. High Team Winners: Johnny Clark, Payton Clark and Daphnie Dore, ACS

Senior High Team Winners : Ty Guillotte, Jon Segura, CHS, and Ryan Stein NISH

### Grand Champion Livestock Exhibitors

Baby Beef : Trey Delahoussaye,Coteau Elem.

Market Hog : Saige Pellerin, ACS

Market Goat : Hunter Touchet,NISH

Market Lamb: Ty Guillotte, CHS

### Sugarcane Exhibit: (Jr. Division)

Grand Champion: Payton Justice, LES

Reserve Champion: Jon Segura: CHS



## Fishing Clinic

The Iberia 4-H Junior Leader Club and Youth Wetlands Program will be hosting a fishing clinic at the Delcambre Docks on November 21st from 9 a.m.—1 p.m. The clinic will be for 4-H members in 4-6th grade.

During the clinic members will learn: how to tell the age of a fish, safety on Louisiana waterways, proper use of fishing equipment and different species of fish.

To hold your spot for this clinic email Ms. Christy at [coliver@agcenter.lsu.edu](mailto:coliver@agcenter.lsu.edu) or call the 4-H office.

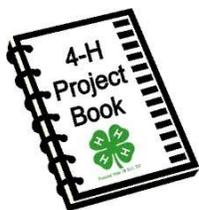
Members attending the fishing clinic are asked to bring a bag lunch and drinks. They are also asked to bring their own rod and tackle.



## Project Books Are Here

Each 4-H member who paid their dues should receive a project book for the 4-H project they selected. 4-H members should start reading and working in their booklets as soon as they are received. It is highly recommended that record sheets located in each book should be completed over the next five months. These record sheets will be incorporated into the overall 4-H Record Book that 4-H'ers are to turn in on March 1st.

**There will be a Portfolio Workshop November 10, 2015 at 5:00 p.m. at the 4-H Office** for anyone interested in learning more about the proper procedure for completing 4-H Portfolios. These workshops are open to all Iberia 4-H'ers . You must call the 4-H Office to register at 369-4440. For those 4-H'ers who would like extra assistance, this is your opportunity to get some help from past judges, participants, and leaders!



## Junior Leader News

The upcoming year will bring about many new and exciting things in 4-H. One way to be involved is by joining the Iberia Parish 4-H Junior Leadership Club. This community service based club is made up of older, more active 4-H'ers from across Iberia Parish who are in grades 8-12.

The next Junior Leadership meeting is scheduled for October 20, 2015 at 5:30

p.m. Dues to join are \$10.00 for the year and can be paid at the October meeting.

All 4-H'ers in grades 8-12 are encouraged to join this exciting club.



## Special Clovers

4-Hers and leaders who attended Officer Training

- 4-Hers who participated in the Sugarcane Festival Livestock Show and Sale, 4-H Sugar Cookery Contest, Sugarcane Exhibit, Rabbit Show and Sugarcane Team Judging
- All who volunteered at the 4-H Sugarcane Festival events
- Our 4-H secretaries Mrs. Elaine, Mrs. Rona, and Mrs. Kathleen for working so hard to make sure all Sugarcane Festival activities were a success

## Prudential Spirit of Community Award Applications

This award is sponsored by Prudential Financial and the National Association of Secondary School Principals. 4-H'ers in grades 5-12 can apply for this award which recognizes the nation's top youth volunteers. Now through November 3rd, 4-H'ers can apply online at <http://spirit.prudential.com/>

- Applications must be submitted to the 4-H office by **November 3, 2015**. Each parish selects one middle school and one high school honoree to compete for state level judging.
- State level winners will receive \$1000 awards and an all expense paid trip to the nation's capitol for national recognition events.

## Ronald McDonald House

Iberia Parish 4-H has many traditions when it comes to Service Learning and Community Service. One of these traditions is collecting tabs for the Ronald McDonald House. These tabs benefit families of sick children who are being treated in hospitals across the country. The Ronald McDonald House allows these families to stay for free in these homes. We will reward the club that collects the most pounds of tabs. The Agents will be picking up the tabs at monthly meetings and will keep track of the weight. **We ask that tabs be in zip lock bags and labeled with the member's name, school, and grade. Milk jugs will not be accepted.**

# Camps

## Challenge Camp

7th and 8th graders who LOVE 4-H Camp have a chance to go again-COME TO CHALLENGE CAMP!

This is a fun-filled camp where you will learn decision making and team building skills with 4-Hers from across our region.

WHEN: November 18-20, 2015

WHERE: Camp Grant Walker-Pollock, LA

COST: \$45 per participant (first 13 campers)

Applications and payment are due by no later than October 16, 2015.

## Fashion Camp

4-H Fashion Camp is scheduled for the weekend of January 23-24, 2016. The camp is filled with fun projects to learn basic sewing skills for 10 to 13 year olds. Applications for camp can be picked up at the 4-H Office and must be turned back in with the registration fee of \$70 before October 30, 2015. Due to limited space, our parish can only send 2 members, however, there will be a waiting list. Any adult who wishes to attend must complete overnight chaperone training. Space is limited for Fashion Camp so register early.



## Catch Phrase for 4-H Camp

What's a good theme for 4-H Summer Camp? Send us your most creative ideas for a slogan -- in 7 words or less. Illustrations must accompany the phrase and will be part of the contest. The contest is open to all 4-H Club members. The winning slogan will be one that is brief and "catchy," capturing the spirit of 4-H Camp Grant Walker. The slogan will be used on all publicity for camp and on the camp T-shirt. The winner will receive a monetary award from the LAE 4-HA (La. Assoc. of Extension 4-H Agents).

Think fast – entries are due to the 4-H Office by October 26th. Submissions must also include the following: full name and age of person submitting the slogan, parish/4-H Club, complete mailing address, and telephone number. Contest entries will be judged by the LAE4-HA Ways and Means Committee and the 4-H Camp Staff. After final selection, the winner will be notified and asked to sign a release for the slogan to be used in all publicity for the camp as well as on the T-shirt.

Past slogans include: Who's Ready For Camp and Camp is Unbearably Fun!

## Iberia Parish 4-H T-Shirts

The Iberia Parish 4-H program has a limited amount of Iberia Parish 4-H T-Shirts for sell in limited sizes! The cost of the shirts are \$10. The T-shirts will be sold on a first come, first serve basis. If you would like to purchase one, stop by the 4-H Office.

## Interested in Showing Livestock?

All 4-H'ers interested in joining the livestock project in time to compete at the Parish, District and State Livestock Shows must adhere to all possession dates for the livestock species they wish to participate with. Validations for all lamb, goat and commercial heifers will take place on November 4th, so 4-H'ers should be purchasing these animals now. Validations for all market hogs will take place on December 2nd. If any 4-H'er needs more information about the project or where to purchase an animal, please call the 4-H office

## Outdoor Skills Registration Due

Are you interested in joining the Iberia 4-H Shooting Sports Project? Registration packets are due to the 4-H office by October 9, 2015. If you do not meet this deadline and still wish to join in on the fun, please contact the 4-H office ASAP. Practices will begin this fall.



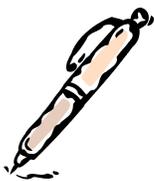
## 4-H Broiler Project

Raising young meat-type chickens (broilers) is one of the most interesting and fun-filled activities a 4-H'er can experience. The project lasts approximately 40 days. Space and investment requirements for broilers are relatively small, so the project is suitable for all 4-H'ers, including those that live within city limits. If you are interested in participating in the 4-H Broiler Project, you must order your broilers from the 4-H office by November 3, 2015. The Iberia Parish Broiler Show is tentatively scheduled for February 12th, 2016. The LSU AgCenter State Junior Broiler Show is February 17-18, 2016. Please return the reply slip on the last page of the Clover Chatter if you are interested in more information about this fun, rewarding project!



## Upcoming Livestock Shows

- Cattle Festival: October 9&10, 2015 Abbeville, LA
- Iberia Parish Livestock Show : January 15&16, 2016 @ SugArena
- Iberia Parish 4-H Poultry and Rabbit Show tentatively: February 12, 2016 @ SugArena
- Acadiana District Livestock Show: January 27-30, 2016 @ Blackham Coliseum, Lafayette, LA
- State Livestock Show: February 13-20, 2016 @ Lamar Dixon Expo Center Gonzales, LA



# Dates to Remember

## October 2015

- 4-10 National 4-H Week
- 6 Officer Training @ IMS
- 7 4-H National Youth Science Day
- 9&10 Cattle Festival Sheep & Beef Show– Abbeville
- 9 Shooting Sports Registration Deadline
- 9 Alice Lancon Beef Cooking Contest– Abbeville
- 16 Rice and Creole Cookery Contest— Crowley
- 16 Challenge Camp Applications Due
- 20 Junior Leader Meeting @ 5:30 p.m
- 24 4-H Day with the Tigers
- 22-Nov 8 L.A. State Fair– Shreveport

## November 2015

- 3 4-H Enrollment Deadline
- 3 Broiler Orders due to the 4-H Office
- 14 Fall Fun Day @ Iberia Middle School
- 18-20 Challenge Camp (7th and 8th Graders)@ Camp Grant Walker
- 17 Junior Leader Meeting @ 5:30 p.m.
- 26-27 Thanksgiving Holiday, 4-H Office Closed

## Healthy Living News

By: Mandy G. Armentor, Area Nutrition Agent

### Have a Healthier Halloween!

Fall is in the air! The sugarcane is being cut and brought to sugar mills, the weather is turning cooler and soon the leaves will change color. Fall is a wonderful time of year and also a good time to make healthier lifestyle choices.

One holiday that is fast approaching is Halloween. Halloween is enjoyed by many young kids because they get to dress up in costumes and receive candy and other treats while trick or treating. A bag full of sweet treats can lead you to fill up on empty calories and possibly give you a stomach ache. One tip parents can do before the hunt for candy begins, is to provide a nutritious snack or dinner that children can eat prior to trick or treat.

Once you are finished trick or treating, and before you enjoy your candy, please make sure your mom or dad inspects the candy to ensure it is safe. Try to have a time limit for how long the candy stays in the house or limit eating 1-2 pieces of candy per day. You may want to check with your dentist; sometimes they offer candy "buy back" events after Halloween. This is where you turn in your candy and in return they give you something that is healthier.

As a parent you can offer healthier alternatives to candy for trick or treat. Examples of candy alternatives are: dried fruit, raisins, pretzels, trail mix, animal crackers, 100% juice boxes, cheese crackers, pencils, cereal or granola bars, stickers, temporary tattoos, erasers, bubbles, 100 calorie snack packs, fresh apples or oranges and even mini water bottles.

*"It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, gender, religion, age or disability.*

*If you have a disability which requires special assistance to participate in any meeting announced in this newsletter, please contact the Louisiana Cooperative Extension Service, LSU Agricultural Center at (337) 369-4440 at least two (2) weeks prior to the event.*

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

## Fall into Fitness

How much physical activity should we have? According to the Centers for Disease Control and Prevention, children and adolescents need 60 minutes of physical activity each day. The bulk of the activity should be aerobic (walking, running or other vigorous activity), with some of the 60 minutes spent on muscle strengthening (pushups or gymnastics) and bone strengthening (jumping rope or running – for 3 days a week). Adults need about 150 minutes of moderate physical activity each week. Adults need aerobic, muscle strengthening and bone strengthening exercises as well. It is important to be physically active as a family.

Here are some ways to build physical activity into your family's daily activities, and some suggestions for new activities together.

- Try 10 minutes of activity at a time. If you cannot find an hour in the schedule, can you squeeze in 10 minutes here and there?
- Turning off the TV and other electronics might free up enough time to get you moving.
- Play together – have a family game of ball, chase each other around the yard. Even just putting on some music and dancing around the house can be a fun way to incorporate exercise.
- Plan a family activity each weekend – like going to the playground or taking a nature hike. Explore different types of activities to help kids find something they (and you) enjoy. If family members want to play video games – make it an active one and have a tournament taking turns.
- Work together – You can make housework fun and active by putting on some of your family's favorite tunes and dance while you clean. Yard work can be a great way to be active as a family.
- Try a game of Dragon's Tail. Everyone sticks one end of a bandana or sock into his/her back pocket of the waistband to make a dragon's tail. Now protect your tail while trying to grab everyone else's tail! If your tail gets pulled out, do 10 jumping jacks, replace your tail and rejoin the game.

Try this Healthy Halloween snack with your parents!

### Cheesy Witches Brooms

Low-Fat string cheese cut in half or slices cheese

Pretzel Sticks

Fresh Chives or piece of shredded carrot

Take kitchen scissors to slice bottom half of cheese slices and wrap them around a pretzel stick and secure it with a chive or piece of carrot. Repeat until you have enough snacks for everyone.



Please return the slip by to 4-H Agents, 415 Providence Street, New Iberia, LA 70560

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Check all that you are interested:

\_\_\_\_\_ Fashion Camp (10-13 year olds)

\_\_\_\_\_ Livestock Project (Any grade)

\_\_\_\_\_ Broiler Project (any grade)

\_\_\_\_\_ Challenge Camp (7-8th grades)