

December 2021

What's on your plate?

This year, our lessons are all about food science! What is food science? Food science studies the basic elements of food. Through a series of experiments this year, we will explore the chemical components of food including proteins, carbohydrates, fats, and water as well as the reactions they undergo during processing and storage.

Last month, we looked at how "Eggs are Exceptional." Students explored why so many recipes contain eggs and observed what happens when cooking scrambled and boiled eggs and why the liquid mixture becomes solid.

This month, we will explore enzymatic browning which is the process that makes some fruits and vegetables turn brown when cut and what can be done to prevent it.



Letter of Authorization

The Letter of Authorization is an important document that must be completed by each club every year. The letter certifies that the club will be open to all members regardless of race, color, sex, religion, national origin, or disability and that the club will support goals of leadership, character, and life skills development for all 4-H members.

If you have not already submitted a Letter of Authorization, please do so as soon as possible. There is a copy attached to your leader update email.

4-H Online Enrollment

Schools have been invoice for all members with approved enrollments entered in 4-H Online by November 15th. Project books have been delivered for all students with enrollment completed by October 30th. Checks for payment of dues should be submitted to the Lafayette Parish 4-H Office by **December 1st**.

If you have students who have not completed online enrollment or if you have not paid your club fees, please do so. If you are missing any project books, please, let us know as soon as possible.

LSU AgCenter
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Lafayette, LA 70501
337-291-7090; 337-291-7099 (Fax)
www.lsuagcenter.com

Dates to Remember

December 2021

- 1 First Day of Club Meetings
- 3 Validation Kits and Possession Deadline for all Market, Commercial, and Breeding Swine
- 4 Southwest Region Teen Event at Acadian Village
- 7 Parish Broiler Pick-Up, TBA
- 15 Junior Leader Meeting
- 15 Golden Clover Awards Due, 4-H Office
- 15 Emerald Achievement Awards Due, 4-H Office
- 15 Honor Cord Applications Due, 4-H Office
- 17 Cookie Decorating Contest Entries Due, 4-H Office
- 20 Premier Exhibitor Exams
- 21 Record Book Workshop
- TBA Hoof Trimming Clinic



January 2022

- 5 First Day of Club Meetings
- 6 LSU Broiler Pick-Up, TBA
- 13 Exhibition Poultry Blood Testing
- 17 Martin Luther King Jr. Day, 4-H Office Closed
- 19 Junior Leader Meeting
- 21-22 Lafayette Parish Livestock Show and Sale
- 25-29 Acadiana District Livestock Show



Junior Leader Club

It's not too late to join Lafayette 4-H's Junior Leader club, a club made up of 8th-12th grade 4-H members from across Lafayette Parish. Do you know a teen that would like to be involved in the community in a leadership role, but just not sure how to go about it?

The next Junior Leader meeting of the school year will be Wednesday, December 15th at 6:00 p.m. All 4-H'ers in grades 8th to 12th are invited to attend. Have potential members contact Mrs. Nicole at ngerard@agcenter.lsu.edu if they are interested in attending the Junior Leader meeting.

Christmas Cookie Decorating Contest

The annual Lafayette Parish 4-H Christmas Cookie Decorating Contest is going virtual this year! The categories remain the same as they have been in the past. They are as follows:

- Most 4-H Spirit
- Prettiest Christmas Cookie
- Most Unusual Christmas Cookie

To enter in the Christmas Cookie Decorating Contest, you will need to bake and decorate your cookie, take a well-lit picture of your cookie, and submit your picture to Mrs. Nicole at ngerard@agcenter.lsu.edu. When you submit the picture of your cookie, be sure to include your name, grade, school/club, and the category you are submitting your cookie in (Most 4-H Spirit, Prettiest Christmas Cookie, Most Unusual Christmas Cookie).

Submit your entries by Friday, December 17th at midnight to be entered! Each 4-H member can enter one cookie in each category if they choose to. Remember, no store-bought cookies may be entered, and one cookie cannot be entered into more than one category. Good luck everyone!



Golden Clover Award

We are offering the 4-H Foundation Golden Clover Award (formerly Award of Excellence) for Junior 4-H members. Awards will be presented at our 4-H Honors Program to outstanding Junior 4-H members. To qualify, a 4-H'er must meet these basic requirements:

1. Must be under 14 years of age on January 1st, 2022.
2. Must have at least two (2) years of 4-H club work including award year.
3. Must score at least 250 points on application and scorecard.
4. This award can be won by an individual only once.
5. Must be in either the 7th or 8th grade.

Scorecards were mailed directly to the 4-H members in mid-November. They are to be returned to the 4-H office no later than Wednesday, December 15th. Please encourage your 4-H'ers to fill out this application.

Emerald Achievement Award & Honor Cord

4-H Emerald Achievement Awards (formerly Key Club Awards) in Louisiana are given to outstanding high school 4-H'ers. To qualify, 4-H'ers must be 15 years of age as of January 1st, 2022, must have three (3) years of club work, and have completed one year of junior leader work. Please remind your 4-H'ers who qualify to apply.

The "4-H Honor Cord" letter with the link to the online applications to be awarded to graduating seniors were also mailed out. Seniors must have been in 4-H for three years of their high school career, participated in at least one state event and a member in good standing.

Both applications were mailed directly to the 4-H members in mid-November and are due in the 4-H Office by Wednesday, December 15th. Please remind your 4-H'ers that this award can only be won once in a 4-H'er's career.

Record Book Workshops

Please encourage your 4-H members to attend the upcoming record book workshops held on Tuesday, December 21st.

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. If you would like assistance with your project books, you should make an effort to attend the workshop sessions.

Participants should bring their project book with them- a camera isn't a bad idea either! Have them call (337)291-7090 or email Mrs. Nicole at ngerard@agcenter.lsu.edu to **RSVP by Friday, December 17th**. Both workshops are free; we like to get a headcount for supplies.

Website Updates

The Lafayette Parish 4-H webpage has been updated to include all information that is sent out monthly to leaders and members. Please refer to the 4-H Contest Rules and Forms page to view officer training videos, report forms and training documents. Applications for awards and Fall Fest Rules are also posted on this page.

[4-H Youth Development \(lsuagcenter.com\)](http://lsuagcenter.com)

It's Livestock Time

The Lafayette Parish 4-H Livestock Show is fast approaching. Deadline for exhibitors to turn in livestock show entry forms was November 22nd, 2021. We hope you got yours in on time! If not, call the 4-H Office immediately. Upcoming activities include:

- Premier Exhibitor Workshop #2: December 15th, 2021
 - Email Mr. Paul at pbongarzone@agcenter.lsu.edu to register
- Premier Exhibitor Written Exam: December 20th at the 4-H Office
- Exhibition Poultry Blood Testing: January 13th, 2021 9:00 a.m. to 11:00 a.m.
- Lafayette Parish Livestock Show and Sale: January 20th to January 22nd
- Acadiana District Livestock Show: January 25th to January 29th
- LSU AgCenter State Livestock Show: February 12th to February 19th



Club of the Month Contest

Club meetings are going well! Thank you for implementing parliamentary procedures into your monthly meetings.

Judging for club of the month will begin this month. Here are a few tips and items that your agents will be on the lookout for:

- The secretary's minutes should be written and read as minutes. They should reflect on what occurred at the previous meeting.
- Community service, treasurer, and reporter reports should be given. A report should include all necessary information that the club may need to know.
- The program leaders' program should have an educational component to it.
- Members, not officers, should make motions and second them.

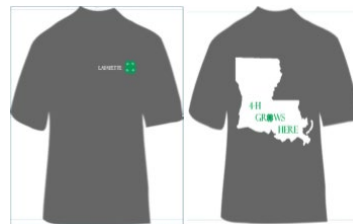
To see a list of club of the month winners, keep an eye on our Facebook page!



Lafayette 4-H Parish Pride T-Shirts

4-H members, volunteers, alumni, and families are invited to join the excitement and purchase your 4-H Pride T-Shirt! These shirts can be worn in the Lafayette area to promote our local program, to 4-H club meetings, 4-H contest days and even at 4-H Summer Camp.

If you wish to order the LAFAYETTE PARISH PRIDE shirt, please indicate your intentions on the order form that is attached on page 7. The t-shirt color is dark gray. The front has "Lafayette 4-H and a clover as a pocket logo." The back has with the outline of Louisiana with the words "4-H Grows Here" with the clover over Lafayette Parish on the back. Shirts are \$10.00 each for sizes Youth Medium, Youth Large, Adults Small, Adult Medium, Adult Large, Adult Extra Large. All Adult XX will be \$13.00 each. The **Lafayette Parish 4-H Pride** shirt is pictured below.



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, gender, age, religion, or disability. If you have a disability which requires special assistance to participate in any aforementioned activity, please contact the 4-H office at (337)291-7090.



Like us on Facebook: www.facebook.com/lafayette4h



Follow us on Instagram: [@lafayette4h](https://www.instagram.com/lafayette4h)

Sincerely,

Paul Bongarzone

Paul Bongarzone
Assistant Extension Agent, 4-H Youth Development
Lafayette Parish

Nicole Gerard

Nicole Gerard
Assistant Extension Agent, 4-H Youth Development
Lafayette Parish

CHARLES HEBERT

Charles Hebert
County Agent, 4-H Youth Development
Lafayette Parish

December 2021 Meeting Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 (In-Person) 7:30-8:15 Cathedral-Carmel (Micro) 2:10-3:00 Woodvale (In-Person) 4:00-4:45 Westminster Christian Lower	2 (Micro) 8:00-8:30 Acadiana High (Macro) 2:00-3:00 Westside (Micro) 3:50-4:30 Scott Middle	3
		(Micro) 1:20-2:20 CPL Middlebrook (Micro) 2:45-3:45 Lafayette High	(Micro) 8:00-9:00 C. Burke (Micro) 9:53-10:23 Carencro High (In-Person) 2:45-3:45 Acadiana Christian Homeschool	(In-Person) 10:00-11:00 ACH
6 (In-Person) 1:15-2:05 Sts. Peter & Paul	7 (In-Person) 2:45-3:30 STM (Micro) 4:00-4:45 Edgar Martin	8 (In-Person) 12:40-1:30 Lafayette Christian Academy (Micro) 2:45-3:30 David Thibodaux STEM (Macro) 4:00-4:45 Ernest Gallet Elem	9 (In-Person) 10:35-11:25 Carencro Catholic (Micro) 2:35-3:15 Southside High	10 (Micro) 2:15-3:00 LJ Alleman
(In-Person) 11:15-11:55 Westminster Christian Upper (In-Person) 3:00-4:00 Acadiana Renaissance Charter Academy	(In-Person) 2:00-3:00 First Baptist Christian	(In-Person) 3:00-4:00 St. Cecilia	(In-Person) 2:45-3:30 St. Genevieve Elem./ Middle	(Micro) 2:18-3:03 Judice Middle
13 (Macro) 2:24-3:10 Milton Middle	14 (Micro) 2:00-2:45 L. Leo Judice (In-Person) 3:30-4:30 Lafayette Renaissance Charter Academy	15 4-5 PM Office Hours for Volunteer Leaders 6:00-7:30 PM Junior Leader Monthly Meeting	16	17
(In-Person) 3:00-3:45 Fatima	(Micro) 2:16-3:00 Youngsville Middle			
20 Premier Exhibitor Exams	21 Record Book Workshops	22	23	24 4-H Office Closed for Winter Holiday
27 4-H Office Closed for Winter Holiday	28 4-H Office Closed for Winter Holiday	29 4-H Office Closed for Winter Holiday	30 4-H Office Closed for Winter Holiday	31 4-H Office Closed for Winter Holiday

Old and New Business: December 2021

Cut and have several non-officer members read these slips during the meeting (you can also send these out virtually).

Pledge of Allegiance (Read this after the president asks for everyone to rise to say the Pledge of Allegiance.)

“I pledge allegiance to the flag...”

4-H Pledge (Read this after the Pledge of Allegiance.)

“I pledge my head to clearer thinking...”

(Read this after the secretary reads the minutes and the president asks for a motion to accept the minutes as read.)

“I move to accept the minutes as read.”

(Read this after a member makes the motion to accept the minutes)

“I second that Motion.”

OLD BUSINESS #1

The following members from our club participated in Fall Fest: _____. Great job everyone!

OLD BUSINESS #2

Congratulations to the following winners in the Lafayette Parish Pumpkin Decorating Contest: _____
(your leader may choose to present contest ribbons at this time)

OLD BUSINESS #3

The following members from our club participated in the Lafayette Parish Cookery Contest: _____
(your leader may choose to announce winners at this time)

NEW BUSINESS #1

Attention 4-H'ers! The Christmas Cookie Contest is going virtual this year! Entries are due on Friday, December 17th to Mrs. Nicole at ngerard@agcenter.lsu.edu. See the December Hotline for details.

NEW BUSINESS #2

All 7th and 8th Graders should be receiving the application for the Golden Clover award. Please do your best to complete and return your application to the 4-H Office by December 15th, 2021.

NEW BUSINESS #3

All 11th and 12th Graders should be receiving letters and applications for the Emerald Achievement award and seniors should have received the application for the Honor Cord. Please do your best to complete and return to the 4-H Office by December 15th, 2021.

NEW BUSINESS #4

Anyone interested in participating in the Christmas Cookie Contest must have their photos submitted to Mrs. Nicole by email no later than midnight on December 17th.

(Read this after the president asks for a motion to adjourn—at the end of the meeting.)

“I move to adjourn the meeting.”

(Read after the motion is made to adjourn the meeting).

“I second the Motion.”

Note: Add any old or new business that is pertinent to your club.



LSU AgCenter
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