

February 2022

What's On Your Plate?

Have you ever noticed all the beautiful colors from the fruits and vegetables in the produce section at the grocery store? Next time make sure that you stop and look at the many colors. Compounds called pigments create the beautiful colors. Most pigments occur naturally in plants which means that plants grow those beautiful colors all on their own.

This month we will observe what happens to vegetables when cooked in different ways. We will then figure out the best way to cook vegetables so they look appealing and keep as many nutrients as possible.



Fashion Show

This year Lafayette Parish 4-H will host the 2022 Fashion Show on Saturday, March 5th at the 4-H Office, 1010 Lafayette Street, Suite 325. Prejudging of all garments being entered will begin at 9 a.m. with the show beginning at 11 a.m. Members who would like to participate must contact Mrs. Nicole at ngerard@agcenter.lsu.edu or 337-291-7090 to receive more information about the rules. Registration is required by February 25th, 2022 in order to participate. If any 4-H Leaders are interested in being a judge for this event, please contact Mrs. Nicole.

4-H Talent and Art Show

Have a talent you want to share with others? Created art that you want to display? The 2022 Lafayette Parish 4-H Talent and Arts Show planning is underway! All 4-H Members are invited to participate. You will need to contact Mrs. Nicole at ngerard@agcenter.lsu.edu or 337-291-7090 to receive more information about the rules.

We are planning for a virtual contest again this year. All contest entries will be submitted electronically using photographs and videos. Registration and entries are due electronically by midnight on Monday, March 7th.

Dates to Remember

February 2022

- 1 First Day of Club Meetings
- 5 Sewing Workshop
- 12-19 State Livestock Show
- 14 Valentine's Day
- 16 Junior Leader Meeting
- 18 State Rabbit Show Entries Due
- 25 Scholarship Deadline, 4-H Office
- 25 Project Books Due, 4-H Office

March 2022

- 1 Mardi Gras Day, 4-H Office Closed
- 5 Lafayette Parish Fashion Show
- 5 State Rabbit Show, Alexandria, LA
- 7 First Day of Club Meetings
- 7 Talent and Art Entries Due
- 16 Junior Leader Meeting
- 19 Parish Shooting Sports Tournament
- 26 Achievement Day, Virtual

Sewing Workshop

The Lafayette Parish Sewing Workshop will be held on Saturday, February 5th at All Brands. Registration forms were sent to leaders and all 4-H members through the 4-H Online enrollment system. Registration must be received by Friday, January 28th in order for participants to receive the supply list needed for the workshop. We still have a few seats remaining, so sign up ASAP!

State Rabbit Show

The LSU AgCenter will be hosting a State Rabbit Show on March 5th at the State Evac Shelter in Alexandria, LA. Entries will be due to the Lafayette Parish Extension Office on February 18th, 2022 by 4:00 p.m. This is subject to change if further restrictions are imposed.

Entries information is being sent out to 4-H members in the rabbit project.

More information and entry forms will be sent to students in the rabbit project. For more information, contact Mr. Paul at (337)291-7090.



Project Books Due!

How are those project books coming along? At this time, they should be close to completion (or completed!). **All record/project books are due to the Lafayette 4-H Office on Friday, February 25th.** Here are a few things to remember when working on record books:

- Put your name, grade, and school on the outside cover of your book (there may already be a sticker in place with this info; if not, please make sure to write it).
- **4th and 5th graders-** your entire book, including the projects in it, should be as complete as possible. Make sure to complete the end of the book and the questions that are asked there!
- **6th-12th graders-** make sure you turn in a portfolio with your record book. Your record book may be an entire book, or it may be an activity guide (smaller paper pamphlet).
- Awards at the parish level include ribbons and/or cash prizes. If your record book is chosen for the state competition, you can win award trips!

Please call the 4-H Office at (337)291-7090 with any questions concerning record books. Good luck to all!

Leaders: you may wish to collect record books from your club and then deliver them to the office. You are welcome to set a due date prior to ours if you choose.

Mystery to the Safari Retreat

Take a break from the hustle & bustle of life and embark on an expedition into your own mind to discover the mysteries that await in the jungle of emotions. Journey through the valleys and mountains of feelings- the highs of joy, the lows of sadness, the raging rivers of anger, and much more. You'll experience it all in the Louisiana 4-H Mental Health Retreat sponsored by the State 4-H Citizenship Board. Join us on March 18, 2022, from 10:00 AM- 3:00 PM at the State Evacuation Mega Shelter in Alexandria. There is a \$10 registration fee and fees must be submitted in advance to complete registration. The registration deadline is March 1, 2022. Additional information can be found on the registration site.

This workshop opportunity is available for 4-H members 5th-8th grade. Registration will be granted on a first come first serve basis, so don't wait!! Register now! <https://fs10.formsite.com/lsuagcenter/rd34s1brqu/index.html>



Achievement Day 2022

Achievement Day is a great way to participate in many different 4-H contests as well as showcase some of your club's hard work all year long.

Like many things this year, Achievement Day will be likely take place virtually (similar to Pumpkin Decorating, Fall Fest, and Cookie Decorating). We are still hoping for the situation to improve and if possible, can shift to an in-person event. If we remain virtual, entries for Achievement Day must be submitted to Mrs. Nicole at ngerard@agcenter.lsu.edu by midnight on **Saturday, March 26th.**

Rules for Achievement Day contests will be released soon, we look forward to your participation! Best of luck to everyone!

Summer Camp Update

4-H Camp will be held **July 25th– July 28th, 2022.** 4-H Camp is for youth in grades 4th – 6th this school year. If you have members interested in going, they will need to get a copy of the camp letter and application to complete and return to you.

The applications will be released mid-February as we will not receive official numbers allowed for camping until February 1st. We are planning on holding day camps the week of July 18th-22nd for those members who might not be able to attend camp at Camp Grant Walker. The day camp options will be part of the camping application that is sent out to members next month.

Parents, please look at your summer schedule to see if there is a possibility you can attend as an overnight chaperone! Overnight Chaperone training takes about an hour and is good for five (5) years.



Strawberry and Fern Sale

The Lafayette 4-H Foundation and the Lafayette Junior Leader club will be conducting their annual strawberry and fern sale soon. Prices and dates will be announced shortly.



Old and New Business

As a reminder, it is not mandatory that you use the attached old and new business forms. These are used as a guideline as to what old and new business in your club could be. It is important that old and new business is announced- it can hold important information for your 4-H club members!



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

LSU AgCenter
1010 Lafayette St., Ste. 325
Lafayette, LA 70501
337-291-7090; 337-291-7099 (Fax)
www.lsuagcenter.com

February 2022 Meeting Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;">1 (In-Person) 2:45-3:30 STM</p> <p style="text-align: center;">(Micro) 4:00-4:45 Edgar Martin</p>	<p style="text-align: center;">2 (In-Person) 7:30-8:15 Cathedral-Carmel</p> <p style="text-align: center;">(Micro) 1:20-2:20 CPL Middlebrook</p> <p style="text-align: center;">(Micro) 2:45-3:45 Lafayette High</p>	<p style="text-align: center;">3 (Micro) 8:00-8:30 Acadiana High</p> <p style="text-align: center;">(Macro) 2:00-3:00 Westside</p> <p style="text-align: center;">(Micro) 3:50-4:30 Scott Middle</p>	<p style="text-align: center;">4</p>
	<p style="text-align: center;">(In-Person) 2:00-3:00 First Baptist Christian</p>	<p style="text-align: center;">(Micro) 2:10-3:00 Woodvale</p> <p style="text-align: center;">(In-Person) 4:00-4:45 Westminster Christian Lower</p>	<p style="text-align: center;">(Micro) 8:00-9:00 C. Burke</p> <p style="text-align: center;">(Micro) 9:53-10:23 Carencro High</p> <p style="text-align: center;">(In-Person) 2:45-3:45 Acadiana Christian Homeschool</p>	<p style="text-align: center;">(In-Person) 10:00-11:00 ACH</p>
<p style="text-align: center;">7 (In-Person) 1:15-2:05 Sts. Peter & Paul</p>	<p style="text-align: center;">8 (Micro) 2:00-2:45 L. Leo Judice</p> <p style="text-align: center;">(In-Person) 3:30-4:30 Lafayette Renaissance Charter Academy</p>	<p style="text-align: center;">9 (In-Person) 12:40-1:30 Lafayette Christian Academy</p> <p style="text-align: center;">(Micro) 2:45-3:30 David Thibodaux STEM</p> <p style="text-align: center;">(Macro) 4:00-4:45 Ernest Gallet Elem</p>	<p style="text-align: center;">10 (In-Person) 10:35-11:25 Carencro Catholic</p> <p style="text-align: center;">(Micro) 2:35-3:15 Southside High</p>	<p style="text-align: center;">11 (Micro) 2:15-3:00 LJ Alleman</p>
<p style="text-align: center;">(In-Person) 11:15-11:55 Westminster Christian Upper</p> <p style="text-align: center;">(In-Person) 3:00-4:00 Acadiana Renaissance Charter Academy</p>	<p style="text-align: center;">(Micro) 2:16-3:00 Youngsville Middle</p>	<p style="text-align: center;">(In-Person) 3:00-4:00 St. Cecilia</p>	<p style="text-align: center;">(In-Person) 2:45-3:30 St. Genevieve Elem./ Middle</p>	<p style="text-align: center;">(Micro) 2:18-3:03 Judice Middle</p>
<p style="text-align: center;">24 (Macro) 2:24-3:10 Milton Middle</p> <p style="text-align: center;">(In-Person) 3:00-3:45 Fatima</p>	<p style="text-align: center;">15</p>	<p style="text-align: center;">16</p>	<p style="text-align: center;">17</p>	<p style="text-align: center;">18</p>
<p style="text-align: center;">21</p>	<p style="text-align: center;">22</p>	<p style="text-align: center;">23</p>	<p style="text-align: center;">24</p>	<p style="text-align: center;">25</p>

Old and New Business- February 2022

Cut and have several non-officer members read these slips during the meeting.

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 Parish and District livestock shows were held in January. The 4-Hers from our club who participated were:

_____.

OLD BUSINESS #2

Everyone should be finishing up their record books. Remember, record books are due to the 4-H Office on Friday, February 25th, but record books are due to our leader on _____.

NEW BUSINESS #1

Set Saturday, March 26th aside on your calendar because that is our 4-H Achievement Day—the biggest contest day of the year! This year it will likely be held virtually. You can send entries to Mrs. Nicole at ngerard@agcenter.lsu.edu.

NEW BUSINESS #2

Attention 5th and 8th graders: The LA State 4-H Citizenship Board will be hosting a “Mystery to the Safari Retreat” on March 18th in Alexandria. See this month’s Hotline for more information and the registration link.

(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.



Lafayette 4-H Parish Pride T-Shirt Club Order Form



Name of Club: _____
 Leader Name: _____
 Leader's Email: _____

Youth Medium _____

Youth Large _____

Adult Small _____

Adult Medium _____

Adult Large _____

Adult X-Large _____

Adult XX-Large _____

Adult XXX-Large _____

Total Shirts ordered: _____

Total Owed: _____

Check #: _____



T-Shirts are \$10.00 each. Sizes YM though XL and \$13.00 for XXL-3XL.

Please make check payable to: Lafayette 4-H Foundation NO CASH ACCEPTED.

Please return order form and check to:

Lafayette 4-H Office
 Parish Pride T-Shirt
 1010 Lafayette St., STE 325
 Lafayette, LA 70501

BOOK COVER REQUEST FORM

LEADER'S NAME _____

CLUB _____

PHONE _____

_____ # of record covers needed at 3.00 each = _____

Books will be delivered at the February meeting.

Checks only please, made payable to: Lafayette 4-H Foundation. Discovering 4-H books **DO NOT** need covers.

Official 4-H book covers are not required to turn in with record books. Please contact us with any questions.



LSU AgCenter

Lafayette 4-H Office

1010 Lafayette St., Suite

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