



St. Bernard Parish 4-H
 8201 West Judge Perez Drive
 Chalmette, LA 70043
 Phone: 278-4234 Fax: 278-4239
www.louisiana4h.org/stbernard
 Lauren Faust Cell: 908-9711
lfaust@agcenter.lsu.edu
 Wayne Burgess Cell: 908-9709
wburgess@agcenter.lsu.edu

St. Bernard 4-H Leader Connections

Leader connections is an informational newsletter designed to inform 4-H Leaders about opportunities for themselves, their 4-H club members and their school at the parish, regional, state and national levels.

Dates to Remember:

- Collect Enrollment Cards and dues
- 4-H Night at Tiger Stadium
October 24, 2015
- Collect t-shirt orders by
September 24th
- National 4-H Week
October 4th-10th
- National Youth Science Day
October 7th
- Bicycle Rodeo, Davies Elem
October 24th
- Officer Leader Training
Belle Chasse, October 17th
- Challenge Camp for 7th
graders, Nov. 10th-12th
- Pet Show, Paul Noel Gym
November 21nd

Sept-Nov2015
Edition

WELCOME 4-H LEADERS

Hi Everyone! Welcome to another fun and exciting year of 4-H. Thank you for volunteering to be a 4-H Leader. We really appreciate your assistance in providing a 4-H Club to the children at your school.

The St. Bernard 4-H Leader Connections newsletter will be emailed to you bi-monthly. Please use it as a reference for 4-H events and information. You will also receive the monthly 4-H meeting calendar by email.

You can also get information about 4-H from the web site at:

www.louisiana4h.org/stbernard

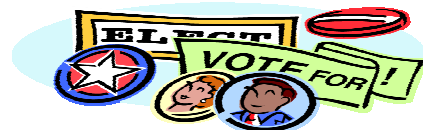
There is also a new Facebook page that will also provide 4-H information and updates to leaders, parents and 4-H Members. Next time you are on Facebook be sure to "Like" St. Bernard Parish 4-H. If you have any questions please contact us by phone or email and we will be glad to help.

ENROLLMENT & MEMBER FEE

You should have received enrollment cards and fliers promoting 4-H to your students. Please pass these out and begin recruiting members for your club. The membership fee for this year will remain the same at \$3.00 per member.

The first 4-H Meeting for club members will be in at your school will be September. This year 4-H T-Shirt order will be included on the 4-H enrollment form. 4-H Members may order a T-Shirt for \$8.00.

4-H OFFICER ELECTIONS



Making Officer Elections Fun is a great way to start off the year. Have students run for office. Let them “run a campaign” by hanging posters in the hall ways and giving a campaign speech to their peers. Most clubs elect the following officers:

President—presides over the meeting, reads the order of business, works with other officers.

Vice President—notifies club members about the meeting, helps the president.

Secretary—records and reads the meeting minutes, keeps a record of member attendance.

Treasurer—most clubs don’t have a treasury but

the treasure can help distribute and collect thing for the club such as newsletters, etc.

Reporter—reports to school and club about 4-H events and activities, works with photographer.

Photographer—takes photos of club events and activities, works with the reporter.

Parliamentarian—keeps order at the meetings, prepares the meeting room.

There are other officers you may want to consider, including Home Room Reps., Events Coordinators, Service Project Coordinators, etc. There is more information available about Club Officer responsibilities in your Leader Handbook.



OFFICER LEADER TRAINING 2015

Officer Leader Training is not just for 4-H Officers it is also for 4-H Leaders. While 4-H’ers are learning about their responsibilities. Leaders have the opportunity to attend a 4-H Leader Training. This training is full of ideas for you to bring back and share with your club. It is a requirement that each group of officers from each school have an adult chaperone with them. It would be great if a leader from each school could attend but if one is not available then a parent should attend with the group.

Newly elected 4-H Club Officers are required to attend Officer/Leader Training at the Belle Chasse Primary School on Saturday, October 17, 2015. This training will provide them with the skills 4-H Officers need to perform the duties of the office to which they were elected. Officers will then be able to run the November Meeting following the order of business.

Transportation will be provided by St. Bernard Parish School Bus from Chalmette High School departing at 8:00 AM and Returning at 2:00 PM. Hot dogs and a drink will be served for lunch and concessions will be sold.

You will receive more information about Officer Leader Training Information at the October 4-H Club Meeting.



Email Ms. Lauren (Lfaust@agcenter.lsu.edu) what your club did for 4-H Week and every club member will receive a 4-H Pencil at the November Meeting.

Ideas for 4-H Week

- ❁ Read 4-H Facts during announcements.
- ❁ Make and wear green four leaf clover stickers.
- ❁ Pass out green mints to school faculty.
- ❁ Decorate a 4-H Bulletin Board.
- ❁ Hang a banner or poster in the school lobby.
- ❁ Encourage members to bring a friend to the October Meeting.
- ❁ Organize a quick service project for members.

Resources for 4-H Week

Visit these websites for additional resources:

<http://www.4-h.org/4hweek/>

http://www.lsuagcenter.com/en/our_offices/parishes/



Ideas for Announcements

❁ Monday—4-H is the worlds largest youth organization, with 6 million members. 4-H is in all 50 states and in more than 80 countries. In Louisiana there are 4-H Clubs in all 64 parishes and 230,000 youth participate in 4-H annually. In St. Bernard, there are ninteen 4-H Clubs with 700 members. If you are not a 4-H Member consider joining the 4-H Club at this school.

❁ Tuesday—Recite the 4-H Pledge. Explain a special event that members have planned for the week for example, 4-H Members will be wearing green clovers or 4-H Members will be sponsoring a recycling project this week.

❁ Wednesday—4-H Colors are Green & White. White symbolizes purity and green symbolizes growth. This years theme for 4-H Week is “Taking the Lead”. 4-H Members learn how to become leaders of their club, community, country and their world.

❁ Thursday—4-H uses a four-leaf clover as its emblem. Each leaf carries an “H” which stands for HEAD, HEART, HANDS & HEALTH. This represents the four actions that members are striving for Head-clear thinking, Heart-loyalty, Hands-service and Health-for better living.

❁ Friday—The 4-H Slogan is “Learn by Doing”. Youth participate in hands-on learning experiences through projects that focus on Science & Technology, Citizenship and Healthy Lifestyles. This year 4-H Club Members will be learning about the Environment and the Wetlands. Thank you for helping Celebrate National 4-H Week!

4-H National Youth Science

Visit the web site at: <http://www.4-h.org/4-h-national-youth-science-day/science-experiments-projects/motion-commotion/>

4-H National Youth Science Day is an exciting, interactive learning experience that engages thousands of youth across the country in conducting the National Youth Science Experiment. It's an excellent opportunity to further engage youth interested in STEM and introduce STEM concepts to youth who have not yet explored them.

Motion Commotion is designed to take about an hour. It includes two investigations – Stop & Go Science and We Need More Time! in which students explore the physical and human factors of motion. There are also options to expand on the experiment with other activities on 4-H.org/nysd



REGIONAL LEADER TRAINING

4-H Leaders who would like to meet other 4-H Leaders from around the state and get ideas about being a 4-H Leader are invited to attend a training on Tuesday, September 22, 2015 at the Lamar Dixon Center in Gonzales, LA. The training begins at 9:30AM and will end at 3:00PM. Lunch will be served.

If you are interested in attending please contact Lauren Faust



9:00-9:30 Registration, Light Breakfast and group photos

9:45

Welcome- *Renee Castro*

Fundraising Opportunity- *Clyne Peak, Louisiana Fundraisers, Inc.*

Volunteer Awards- *Fran Castille*

Citizenship Board Opportunities-*Clay Leblanc, Iberville Parish*

Session Details- *Renee Castro*

Finish parish photos if needed

10:00

Workshop 1 (choose 1)

Restoring our Coast” - *Heather Neimic*

4-H 101 Organizing Your Club Year- *Kali Zammit*

11:00

Workshop 2 (choose 1)

“Restoring our Coast” (Youth Wetland Lesson)- *Heather Neimic*

Putting It all together; The Next Steps- *Stephanie Gravois and Renee Castro*

12:00

Lunch- *Sponsored by Louisiana 4-H Foundation*

Remarks- *Dr. Patrick Tuck, Louisiana 4-H Foundation*

12:30

Workshop 3 (choose 1)

Youth/Adult Partnerships- *Veronica DelBianco*

Invent, Inspire with SET (Science Engineering/Technology - *Katie Strecker and Shawn Zeringue*

1:30

Round Table Discussions. Everyone will choose one to start then rotate clockwise for One hour. (10 minutes each)

Parent involvement in 4-H Club Programming- *Christy Sorenson*

Healthy Lifestyles, United Healthcare opportunities- *Kimberly Knighten*

Curriculum and resources available from the LSU AgCenter- *Leanna Cupit*

Oh the Places You'll Go, “Youth Opportunities”- *Heather Egger*

State Citizenship Service Learning “Foster Care”- *Dr. Janet Fox and Clay Leblanc*

School Gardens- *Andre’ Brock*

2:30

Evaluations, wrap up, cash door prizes and adjourn

2015 Louisiana 4-H Volunteer Conference

**November
13-14, 2015**

Conference Location:
**Grant Walker 4-H
Educational Center**
3000 Highway 8
Pollock, LA 71467
Phone: 318.765-7209

Registration Info:
Full Conference
Registration: \$50.00
(includes lodging on Friday and
breakfast and Luncheon on
Saturday)
Saturday Only Registration:
\$40.00
(includes Luncheon)
Award Banquet Luncheon:
\$15.00

Online registration,
payment and award
applications available
at

[www.lsuagcenter.com/
4HVolunteerConference](http://www.lsuagcenter.com/4HVolunteerConference)



Join 4-H Volunteers from across Louisiana for fellowship, networking, educational workshops and fun shops. Hear from motivational speakers and leaders of successful programs and learn about new programs. The Louisiana 4-H Volunteer Leader Association is designed to build capacities for working confidently with youth and increasing service roles of volunteers. The LA4-H VLA sponsors this conference, along with the support of the Louisiana 4-H Youth Development Department.

Scholarships

**Programming Tips | Awards | Door
Prizes | Meet New People**

Testimonials

"I truly enjoy the workshops and training exercises offered during training. I cannot wait to return to my group and put them to use."

"I learned how to get more involved."

"Learned more about communication."

2015 Louisiana 4-H Volunteer Conference Registration Form

For additional information contact:

Veronica Del Bianco at vdelbianco@agcenter.lsu.edu or 225—578-2196

Make checks payable to: LA 4-H Volunteer Leaders Association.



Mail form and payment to: Gloria Miller, 555 West B Street, Norco, LA 70079

Registration Type: ☐ Full Registration includes breakfast and Banquet (\$50.00)
☐ Saturday Only includes Banquet(\$40.00)
☐ Banquet Only (\$15.00)

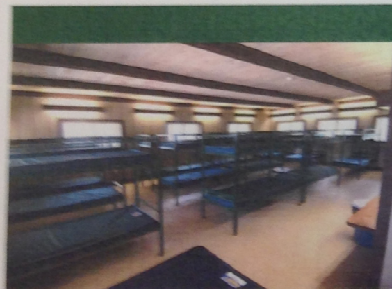
Name: _____ Parish: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Special Needs/Allergies: _____



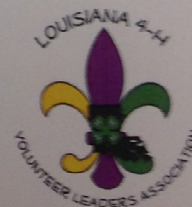
TENTATIVE CONFERENCE AGENDA

FRIDAY, NOVEMBER 13, 2015

6:30 pm-7:30 pm Registration
7:45 pm-9:00 pm VLA Business Meeting (everyone welcome)
9:00 pm-'til Share Fair and Social

SATURDAY, NOVEMBER 14, 2015

7:30 am-8:30 am Registration /Breakfast
9:00 am-9:45 am Concurrent Sessions I
10:00 am-10:45 am Concurrent Sessions II
11:00 am-11:45 am Concurrent Sessions III
12:00 pm-1:30 pm Award Banquet Lunch
1:45 pm-2:30 pm Concurrent Sessions IV
2:45 pm-3:30 pm Concurrent Sessions V
3:30 pm-4:00 pm Evaluation and Door Prizes



ST. BERNARD PARISH 4-H BICYCLE RODEO

SATURDAY, OCTOBER 31, 2015

Mark your calendar and bring your bicycle to 4-H's annual Bicycle Rodeo. The rodeo consists of skilled riding events that do not require speed or stunt riding. The first 50 participants will receive a bicycle helmet.

Events include:

1. Slow Ride
2. Zig-Zag Ride
3. Circle Ride
4. Figure Eight Ride



Event Schedule:

12:00 noon—Registration and rodeo begins.

1:30 p.m.— Registration Ends

2:00 p.m.—Snail Race

2:30 p.m. Awards & Prizes

Even if you don't have a bike you can still participate in the educational and safety exhibits to win a door prize.

CHARACTER EDUCATION

Did you know that the LSU AgCenter's Character Education Program has resources available for teachers to use in their classrooms. Some of the resources available on line include Leap Into Character Lessons for grade 4th-8th. You can access them at www.louisiana4h.org click on Adults> Teachers> Character Development> Resources. Exercising Character in Schools kits are also available by contacting Lauren Faust.

Character Counts Week is October 19-23, 2015

Leap into Character

YOUTH WETLANDS WEEK

Youth Wetlands Week (YWW) is in its 11th year and is scheduled for April 18-22, 2016. YWW is aimed at 4th through 12th graders and provides wetland education curriculum materials to Louisiana teachers. Curriculum and kits will arrive to all science teachers in the spring. The program curriculum is endorsed by the Louisiana Science Teachers Association, and lessons are designed to follow Louisiana's Grade Level Expectations (GLEs). YWW coincides with Earth Day which is April 22, 2016. Sign up is now thru October 12, 2015.



http://www.lsuagcenter.com/en/4h/about_4h/programs/science_engineering_technology/

PRESIDENTS VOLUNTEER SERVICE AWARD

Awards are given to youth ages 14 and under who have completed 50 or more hours of volunteer service; to individuals 15 and older who have completed 100 or more hours; and to families or groups who have completed 200 or more hours. Lifetime achievement is recognized with a special President's Call to Service Award, which honors those who have provided more than 4,000 hours of service over the course of their lifetime. For more information, visit:



<http://www.nationalservice.gov/about/initiatives/pvsa.asp>

SERVICE LEARNING RESOURCES

Please visit the LSU AgCenter Service Learning Web Page. This is a great resource for anyone planning a service project.

http://www.lsuagcenter.com/en/4H/about_4H/programs/citizenship/service_learning/



SERVICE PROJECTS

Once again this year we will be encouraging clubs to do a service project at your school. Last year clubs conducted food drives, bead drives, Easter baskets for service men, and pet supply drives. Some clubs sponsored the Lemon Aid Day at their school. Please start thinking of meaningful ways that your 4-H Club Members could participate in a service project.



SERVICE LEARNING

Service Learning is about more than just doing a service project. Service Learning involves youth in the process by: 1) actively addressing a real community (school) need, 2) is planned and conducted over time, 3) involves reflection about the meaning of the experience, 4) is celebrated at the end. Not all service projects are service learning but many can be turned into service learning. The 4-H Office has many resources on how to conduct service learning projects including project books and leader guides that can be used with your club.



ESSENTIAL ELEMENTS OF 4-H

YOUTH DEVELOPMNET



In 1999, five evaluators from the National 4-H Impact Design Implementation Team were given the charge of answering the question, “What positive outcomes in youth, adults and communities result from the presence of critical elements in a 4-H experience?”

The group reviewed the basic and applied research on characteristics of effective programs for youth development. Emphasis was placed on using existing empirical research on what impacts positive youth development. Another criterion used by the group was relevancy to 4-H that could be communicated to colleagues, researchers and volunteers. From this process, eight elements critical to youth development and central to the 4-H experience emerged:

1. **A positive relationship with a caring adult-** A caring adult acts as an advisor, guide and mentor. The adult helps set boundaries and expectations for young people. The adult could be called supporter, friend and advocate.
2. **A safe environment -- physically and emotionally-** Youth should not fear physical or emotional harm while participating in a 4-H experience whether from the learning environment itself, adults, other participants or spectators.
3. **Opportunity for mastery-** Mastery is the building of knowledge, skills and attitudes and then demonstrating the competent use of this knowledge and skills in the manner of a proficient practitioner. The level of mastery depends on the developmental ability of the individual child or youth. The development of mastery is a process over time.
4. **Opportunity to value and practice service for others-** Finding one’s self begins with losing yourself in the service of others. Service is a way for members to gain exposure to the larger community, indeed the world itself.
5. **Opportunity for self-determination-** Believing that you have an effect on life’s events rather than passively submitting to the will and whims of others is self-determination. Youth must exercise a sense of influence over their lives, exercising their potential to become self-directing, autonomous adults.
6. **An inclusive environment (encouragement, affirming, belonging)-** An inclusive environment is one that creates a sense of belonging, encourages and supports its members with positive and specific feedback. Healthy groups celebrate the success of all members – taking pride in the collective efforts of all.
7. **Opportunity to see oneself as an active participant in the future-** The ability to see oneself in the future is to harness the hope and optimism to shape life choices to facilitate the transition into participating in the future.
8. **Engagement in learning-** An engaged youth is one who is mindful of the subject area, building relationships and connections to develop understanding. Through self-reflection, youth have the ability to self-correct and learn from experience. The engaged learner has a higher degree of self-motivation and an inexhaustible capacity to create.