

# CLOVER CHRONICLE

St. John 4-H

October 2017

## Jr Leader Meeting:

Our first Jr. Leader Meeting of the year will be this month! Jr. Leaders are 4-H member from 7th to 12th grade. They help out at 4-H parish events, do community service, become camp counselors, and go on trips. If you want to do even more with 4-H, Jr. Leaders club is the place to be! Come out to the Reserve Public Library on Thursday, **October 26 at 6:00 pm.**



## 4-H Jr. Leader Enrollment

Any students from grades 7th—12th that are interested in becoming a Jr. Leader, please contact Brittney Ivey  
 bivey@agcenter.lsu.edu

### Praline Sundaes

- 1/4 cup packed light brown sugar
- 1 1/2 teaspoon cornstarch
- 1/2 cup water
- 1 teaspoon reduced-calorie margarine
- 1/2 teaspoon vanilla
- 2 tablespoons chopped pecans
- 1 pint frozen low-fat vanilla yogurt

Mix sugar and cornstarch in small saucepan; stir in water. Heat to boiling over medium heat, stirring constantly until thickened, about 1 minute. Remove from heat; stir in margarine, vanilla, and pecans. Serve warm over frozen yogurt.

Yields: 4 servings  
 Calories: 256 per serving  
 Carbohydrates: 41.1 grams  
 Protein: 8.3 grams  
 Fat: 5.7 grams  
 Saturated Fat: 1.9 grams  
 Cholesterol: 45 milligrams



Cynthia Clifton  
 General Nutrition Agent  
 St. John Parish

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4-H Volunteer Training

## 4-H Volunteer Training

This year the Southeast Regional 4-H Volunteer training was at the LSU Mini Farm on September 19th. Here, volunteers were learning great techniques and ideas to take back with them to their club(s). The volunteers had time to talk with other volunteers from other parishes and exchange ideas. There was also planned activities and workshops through the day to use in their own clubs. The volunteers had the chance to learn about club meeting standards of excellence, make their club meeting the best it can be, hands-on healthy living, SET activities for their clubs, leadership on a budget, and round table discussions. Our St John Leaders had a blast and now have even more knowledge to take back to their clubs and expand on how to make the best better! This training is offered every year in our region at the beginning of the school year. If you are a 4-H volunteer, and this sounds exciting to you and you would benefit from this, let your 4-H agent know next year. A big THANKS to Coach Davis and Ms. Walker (ESJH), Ms. Nunnery (ECW), Ms. Perret (WSJE), and Mr. Williams (ESJE) for attending this event!

## 4-H Dues and Enrollment Cards Due

4-H Leaders, 4-H Dues and Enrollment Cards are due on **October 31, 2017**. Please make every effort to get your dues and enrollment cards to the 4-H office by this date so that we can have our numbers for reporting. If you have any questions, please call the 4-H office at 985-497-3261.



4-H Volunteer Training

## Pumpkin Decorating Contest

It's time again to get ready for the Pumpkin Decorating Contest to be held at each school this year on **October 24, 2017**. If you know that you can decorate the best pumpkin, then, I ask you to **CARVE IT** and show us what you can do. Remember prizes will be given to the winners at each school. **GOOD LUCK EVERYONE!!!!!!**





## 4-H CHALLENGE

### CAMP 2017

7th & 8th Graders can sign up for Outdoor Overnight Fun for the Southeast Region

#### CHALLENGE CAMP!

**Nov. 1-3 at**

**Lion King Retreat Center**

**Amite, LA**

We will leave Wednesday after school and return by Friday morning. Students are excused from school. A letter will be sent to the principals at the school.

**Sign up with 4-H Agent  
before October 13th.**

## 4-H Camp Catch-Phrase Contest!

What is a good theme for 4-H Summer Camp? Send us your most creative ideas for a slogan in 7 words or less. 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 appear on all publicity for camp and on the camp T-shirt. The winner will receive a monetary award.

**Deadline: Thursday, October 26**

#### Submission must include:

- Full name and age of club member
  - Parish/4-H club
- Complete mailing address
- Telephone number

## Poultry Workshop:

### Topics will include:

- Exhibition Birds
- Showmanship
- Layers
- Supplies needed



**Come by if you have any questions about showing poultry or other livestock animals in 4-H!**

- When: Saturday, October 21, 2017
- Where: 2335 W Airline Hwy, Laplace, LA 70068  
(Tractor Supply)
- Time: 10am-12pm

## Contact Us

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Visit us on the web at  
www.lsuagcenter.com

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St. John Parish 4-H

*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 for your participation in any of our activities, please contact the office at 985-497-3261.**



## 4-H Livestock T-Shirt Contest:

**WHO:** 4-H Members (One entry per person and one person per entry)

**WHAT:** Help design the 2018 Official State Livestock Show T-Shirt sold at District and State shows!

**WHY:** The winner of the design contest will have their artwork printed on the T-Shirt, receive a free long or short sleeve State Livestock Show T-Shirt, \$25 cash, and recognition.

**HOW:** Get out your art set and use your skills to design the back of the Official Livestock Show T-shirt. (If you have an idea for the t-shirt color, include that as well with your submission.) **Colored designs should only include purple, green, gold, and white.**

Submit your drawing in color to your parish 4-H agent by **October 26, 2017.**



### 4-H Member of the Month

#### Hannah Duhe!

Hannah Duhe is a 12th-grader at East St John High School. She is always ready to attend and/or help at a 4-H event. Hannah has been a 4-H member for the past 10 years! This has made her a great asset for the East St John High Club and for the Parish! She is a delight to have in meetings as well as very helpful at any task she is asked to help. She was last year's president and has been re-elected to carry on the title. Thank you, Hannah for being an amazing 4-H member!

### 4-H Volunteer Leader of the Month

#### Leslie Nunnery!

St John Parish 4-H could not grow without the help of amazing volunteers! This month's volunteer of the month is Leslie Nunnery! This is her 4th year as 4-H leader at Emily C. Watkins. She has been a huge drive for the members in her club to stick with it and learn what 4-H has to offer. She is a great volunteer for 4-H events. She has helped out at Parish wide events including the Jr. Leader Trip to the Space Program in Mississippi. She attended the 4-H Volunteer Regional Training and we can't wait to see what she has in store this year!