

## 4-H YOUTH CONNECTION

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## DAIRY BILLBOARD CONTEST



All 4-H members are invited to explore milk, milk products and their importance to healthy bodies by entering the **4-H Draw a Dairy Billboard Contest**.

Participating 4-H club members will design and draw a billboard that encourages or promotes the consumption of milk and milk products and their importance for health.

### Specific rules are as follows:

- ▶ Each 4-H member can enter one billboard design.
- ▶ Billboard design must on **22" x 28" poster board ONLY**.
- ▶ Do not attach anything to the poster that is more than 1/2" thick.

▶ Entries are due in the 4-H Office by **4:30 Friday, March 27, 2009**.

▶ **Do not use commercial brand name products on the poster. Do not use jingles, slogans, signs or pictures that are trademark or copyright protected on the poster.**

▶ Be sure to print your name, address, grade in school, and parish on the back of the poster in the upper right hand corner.



### Contest divisions include:

- Division 1**—4th- 6th grades
- Division 2**—7th - 8th grades
- Division 3**—9th—12th grades

Ribbons will be awarded in all divisions. First place parish winning Billboard Designs in each division will be sent to Baton Rouge for participation in the State 4-H Draw a Dairy Billboard Contest.

Entries can be submitted to your 4-H Agent at the March 4-H Club meetings or brought to the 4-H Office, 6640 Riverside Drive, Suite 200, Metairie by **4:30 PM on Friday, March 27**. Posters will not be returned.

## 4-H T-SHIRT DESIGN CONTEST

You could be the designer of the 2009-2010 Jefferson Parish 4-H T-Shirt! It's time once again to select a new design for our parish 4-H T-Shirt. These shirts will be sold as a fundraiser in the fall, and we need your help!

All 4-H members are invited to submit a T-Shirt design. If your design is chosen by our 4-H Foundation Board, you will receive a free t-shirt and a special award.

### Contest rules are as follows:

- \*Designs should be submitted on 8 1/2" x 11" white paper.
- \*Your design should be in color, but use no more than 4 colors.
- \*Each design should include a 4-H Clover and the words "Jefferson Parish 4-H Clubs"
- \*Do not use copyrighted pictures or slogans.
- \*You may submit more than one design.

\*Designs must be brought or mailed to the 4-H Office by 4:00 PM on **Friday, March 27**.

Mailing address:  
**4-H T-Shirt Design**  
**Jefferson Parish 4-H Clubs**  
**6640 Riverside Drive,**  
**Suite 200**  
**Metairie, LA 70003**

If you have any questions, call the 4-H Office at 838-1170.

## CALENDAR OF EVENTS

### February

- 2 Honey Bee Essays DUE in 4-H Office
- 2 4-H Foundation Board mtg.
- TBA Teen Leader Meetings
- 24 Mardi Gras
- 27 Hoops & Clovers  
Hornets vs. Bucks
- 27 4-H Scholarship applications DUE in 4-H Office
- 28 Parish-wide Commodity Cookery/Ambassador Contest

### March

- 13 -15 Junior Leadership Conference
- TBA Teen Leader Meetings
- 27 4-H T-Shirt Design entries DUE in 4-H Office
- 27 4-H Dairy Billboards DUE in 4-H Office



### April

- 4-5 Spring Garden Show
- TBA District Commodity Cookery Contest, Houma

### Upcoming Events

#### June

- 3 **4-H Day at the Capitol**
- 15-19 **4-H Camp (4th-6th)**
- 23-26 **4-H University (8th-12th)**



### 4-H Pledge

*I pledge my HEAD to clearer thinking,*

*My HEART to greater loyalty,*

*My HANDS to larger service,*

*And my HEALTH to better living*

*For my club, my community, my country, and my world..*



## ATTENTION 2009 SENIORS

### All registered 4-H Graduating Seniors are eligible to apply for Louisiana 4-H Scholarships.

Applicants for scholarships must be 2009 graduating seniors and entering college or technical school in the Fall of 2009.

All information and scholarship applications are available on the Louisiana 4-H Website at [www.la4hfoundation.org](http://www.la4hfoundation.org).

(You can also get a copy of the scholarship application and information by calling the 4-H Office at 838-1170.)

In addition to the scholarships listed on the website, up to 3 Jefferson Parish members will be awarded the Scott Truck & Tractor Co. Scholarship.

Scholarship applications must be in the Jefferson 4-H Office by **4:00 p.m. February 27, 2009.**



### Scholarship Requirements:

- ✓ 4-H Scholarship Application Form from website or 4-H Office.
- ✓ Transcript of grades; including mid-term grades signed by an appropriate school official.
- ✓ Letter of Recommendation from Academic Advisor (teacher, guidance counselor, principal) on school letterhead stationery.
- ✓ Copy of ACT scores
- ✓ Must meet requirements stipulated in criteria on application.

## SMART CHOICES—HEART HEALTHY CHOICES

The foods you eat now can help you have a healthy heart all your life. Eating too much fat when you're young can lead to heart problems as you grow older. Help your heart by making healthy food choices!

Choose vegetables, whole-grain breads and cereals, and lean meat or chicken without skin. Drink skim or low-fat milk. Choose fruit or pretzels instead of candy and chips. Get plenty of exercise. It burns fat and helps your heart grow stronger!

### Instead of:

### Choose:

Fast food hamburger	Sliced turkey sandwich
Doughnut	Bagel
Fried chicken	Baked or broiled chicken
Ice cream	Frozen yogurt
Fried apple pie	Fresh apple
Large order of fries	Small order of fries
Potato chips	Pretzels



## NEWS FROM OUR CLUBS



### Word of Life Academy

The Word of Life Academy 4-H Club has enjoyed serving our Westbank community in a variety of ways. What started out as club activities has now become annual goals to better serve anyone in need of clothing and food items. Over the last 3 months, the club has received donated food items for the Thanksgiving baskets, large amount of clothing and new and used toys for various toy drives that affected two after-school programs in our area, neighborhood children, and an orphanage, and the annual 4-H toy collection drive. In addition, our parents very generously donated flowers and breakfast foods to help celebrate Teacher Appreciation in December. Our thanks go out to all of the active 4-H club members, their families and generous donations received from our community itself to help meet the needs of others. Caring is truly what this 4-H club is focused on now.

Donna Gibson

### Grace King High

In December we had our food contest. Our winners were **Robert Bissant** and **Garland Stevenson**. The Arbor Day Committee is planning our Arbor Day celebration for Friday, January 23rd. Our class is looking forward for the celebration. The Arbor Day committee did a slide show at the January club meeting.

Tori Scott B3

### Grace King High

In December, we had our food contest. Our winner is **Myrna Aguillar**. In January, we are planning to help Ella Dolhonde Elementary with the Body Walk on January 29.

Marouf Dibeh B2

### Strehle Elementary

On December 7, 2008 I accompanied my cousin **Kimberly** and our 4-H leader, **Ms. Davis** to Ronald McDonald House to bake cookies. It was my first time baking cookies. We played games and got to decorate the cookies. It was a fun experience. We took pictures too. When people walked into the kitchen, they were so excited to have the cookies!

Jennifer Hernandez

### Solis Elementary

The Solis 4-H Officers and members held their first meeting together in October. The meeting was held so that 4-H officers and members could collect all of their 4-H materials. 4-H Officers attended the 4-H Officer/Leader Training in Belle Chasse. There were various types of workshops, and the 4-H Officers had a blast! At the November meeting, 4-H members **Tajaliah**, **Lufti**, **Steven**, and **Asha** presented demonstrations and project reports. Volunteers for next month include **Sabastian**, **Kyra**, **Kasem**, and **Tia**.

### Key Home School Club

At our December **Niall Lewis** gave a demonstration on photographs taken at various shutter speeds. **Gabrielle Olivier** volunteered to do a project on pets for our January meeting. We discussed having a project for the Clover Buds. We decided that their project will be to plant seeds and watch plants develop. Our club is continuing an ongoing project by collecting newspapers, single serve water bottles, and old blankets and towels for the SPCA.

Tiffany Olivier



### East Bank Teen Leader Club Service Learning Project

Jefferson Parish Teen Leaders (East Bank) are collecting a list of items to be given to Louisiana's Veteran's of War for their service to our country. This is just a small way to show our appreciation to them for putting their lives on the line for us all.

### We invite all parish 4-H members to help collect items for this project.

We are collecting the following items:

Small packets of tissue

Lip balm

Hand Lotion (sm. bottle)

Socks

Knitted Caps or Baseball Caps (preferably something plain or patriotic)

Hair combs

Personal notes of appreciation

These items will be stuffed in decorated shoe boxes or bags by Jefferson Parish Teen Leaders to be distributed at the V.A. Clinic of New Orleans in March or April. If you are interested in participating, call the 4-H Office (838-1170) to arrange for pick up of items.



### 4-H Colors

*The 4-H colors are green and white.*

*Green is emblematic of springtime, life, and youth.*

*White symbolizes high ideals.*



Check out this website:



### Reporters:

*Emailed newsarticles will be accepted! Send to:*

agautier@agcenter.lsu.edu

*Be sure to put "4-H" in subject box.*

*Or mail articles to:*

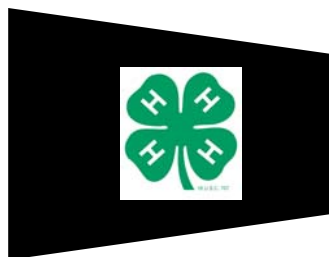
*4-H Newsletter*

*Jefferson Parish 4-H Clubs  
6640 Riverside Drive, Suite 200  
Metairie, LA 70003*

## Jefferson Parish 4-H Clubs

6640 Riverside Drive  
Suite 200  
Metairie, LA 70003

Phone: (504) 838-1170  
Fax: (504) 838-1175



## Jefferson Parish 4-H Team

Chantel J. Williams  
Extension Agent  
cjwilliams@agctr.lsu.edu

Ann S. Gauthier  
Extension Agent  
agauthier@agctr.lsu.edu



## JUNIOR WILDLIFE TOUR ANNOUNCED

Twelve junior 4-H members (grades 4-8) will get to participate in the *Junior Wildlife Tour (mini-Marsh Maneuvers)*. To be selected, members must submit 4-H records on wildlife/environment/insect activities including *Discovering 4-H, Learning More About You and the Environment, Creepy Crawlers, What's Bugging You?, Wildlife Project, You and the Environment, and Aquaculture*.

The tour is held in early August.

Requirements include the following:

- Printed 4-H Portfolio is required and can be obtained from the 4-H Office. Make sure you include each project in which you participate that relates to this project.
- A 4-H Wildlife/Environmental story not to exceed 6 pages, double-spaced typed. Story may also be handwritten.

● No more than ten pages of Wildlife/Environmental project pictures with captions.

● Current year record/project book in all related projects. Record sheets and/or project book **must** be in member's own handwriting.

● **Entries are DUE in Jefferson Parish 4-H Office Friday, March 6, 2009.**



## Thanks ...

Thanks to all who contributed to the Jefferson Parish 4-H Toy Drive in December. All toys and monetary donations were given to needy families.

## CHARACTER CORNER ...

### CARING

Caring is at the heart of an ethical person's character. Caring people love, help, give, and are kind. They are care-takers of people, pets, plants, possessions, and even the planet.

Genuine concern for others is a sign of growing up. A big part of growing up is the ability to think and care about someone besides yourself. When we show others we care, we move toward being a person of good character. Caring is the key to getting along with others and helping to make our world a better place for everyone.

#### *The Golden Rule...*

"Do unto others as you would have them do unto you" is a guideline accepted around the world that helps people do more good and less harm to others. The Golden Rule teaches us to treat others the way we would like to be treated.

We must be caring at all times—in school, our home, and our community.

#### This month's Character Corner Quotes:

"The way to be happy is to make others so."

~ Robert Ingersoll

"Only a life lived for others is a life worthwhile."

~Albert Einstein

"It is nice to be important, but it is more important to be nice."

~John Marks Templeton

