

## 4-H YOUTH CONNECTION

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### ATTENTION ALL 4-H OFFICERS AND LEADERS FALL TRAINING SET FOR OCTOBER 25TH

4-H Officer/Leader Training will be held at Belle Chasse Primary School in Belle Chasse. **All** newly elected 4-H club officers are encouraged to participate.

**4-H Volunteer Leaders are also encouraged to attend the special sessions designed for you.**

Participants will receive specific instructions on how to perform officer responsibilities and learn ideas to help make your club the **BEST** that it can be. Club Officers will participate in special leadership activities with members from surrounding parishes.

**Registration fee is \$5.00 per participant.**

Transportation, lunch, and a 4-H t-shirt will be provided. Contact your 4-H Leader for more information.

Together we can **"Make the Best Better!"**



### 4-H Summer Camp Theme Contest

What's a good theme for 4-H Summer Camp? Send us your most creative ideas for a slogan – in 7 words or less.

**Illustrations must accompany the phrase and will be part of the contest.**

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 be used on all publicity for camp and on the camp T-shirt. Winner will receive a monetary award.

Think fast – the deadline is **October 27th.**



Submissions must be sent or brought to the Jefferson Parish 4-H Office at the following address:

4-H Agents  
4-H Camp Slogan Contest  
6640 Riverside Drive  
Suite 200  
Metairie, LA 70003

Submissions are due by **4:00 p.m. Monday, October 27.**

Emailed submissions accepted:  
agauthier@agcenter.lsu.edu

Be sure to include the following information:

- Full name and age of person submitting the slogan
- Name of Parish (Jefferson) and 4-H Club
- Complete mailing address
- Telephone number





*4-H Pledge*

*I pledge my HEAD to clearer thinking,*

*My HEART to greater loyalty,*

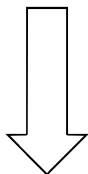
*My HANDS to larger service,*

*And my HEALTH to better living*

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



**4-H Centennial Bookmark Contest Template**



## CALENDAR OF EVENTS

### October

- 1 4-H **T-Shirt orders** and payment DUE in 4-H Office
- 1 4-H **enrollment cards** and **assessment fees** DUE in 4-H Office
- 5-11 National 4-H Week
- 18-19 Fall Garden Show
- 19-25 National Character Counts Week

### October (cont,d)

- 25 4-H Officer Leader Training
- 27 4-H Camp Theme Contest entries DUE



### November

- Club level 4-H Commodity Cookery Contest
- 3 4-H Foundation Board mtg.
- 21 Centennial bookmark contest entries DUE
- 27-28 Thanksgiving Holiday 4-H Office Closed

## 4-H COMMODITY COOKERY CONTEST

### Calling all 4-H Chefs!

It's time for the Jefferson Parish 4-H Commodity Cookery Contest. Divisions include **Egg Cookery, Seafood Cookery, Ground Beef Cookery, Poultry Cookery, and Sugar Cookery.**

The first contest will be held within your 4-H Club. Your club leader will announce the contest date and time.

First Place Blue Award winners from the club contests and any Mail-Box Member will be eligible to participate in the Parishwide Commodity Cookery Contest in early 2009.



This is a great time to try your hand at cooking! You will also learn about nutrition and safe food handling. There is also an Ambassador (Public Speaking) part to the contest.

Rules will be provided at the November club meeting. Mail-Box Members will receive contest rules with their regular monthly newsletter.

## 4-H Centennial Bookmark Contest Announced

As part of our continuing celebration of 100 Years of 4-H Youth Development in Louisiana, Jefferson Parish 4-H Clubs will be conducting a Centennial Bookmark Design Contest during the month of November.

All 4-H members are invited to submit a 4-H Bookmark design celebrating 100 Years of 4-H in Louisiana.

Contest rules are as follows:

▶▶ Bookmarks must be on **7" x 2" unlined white paper** (see template below for size)

▶▶ Completed bookmarks are due in the 4-H Office by **Friday, November 21.**

▶▶ Bookmarks should generate a positive image of 4-H and include a 4-H Clover and the words "100 Years".

▶▶ Computer generated clip-art may be used on the bookmark if it is not copyrighted material.

▶▶ The following information should be written on the back of the entry: **name, school or club, grade, age.**

**Awards will be presented to all participants. Winning bookmarks will be duplicated and distributed to members.**

# LEADERSHIP CLUBS FORMING NOW

The Jefferson Parish 4-H Program is announcing 2 community-wide clubs with leadership, community service, and fun in mind!

Members will also be conducting games, face painting, and educational activities at Kids' Discovery Tent at the Fall Garden Show in City Park on Saturday, October 18.

Interested youth in grades 6–12 are encouraged to become members of one of the **Jefferson Parish 4-H Teen Leader Clubs**.

Club members plan and conduct service learning projects and community service activities. Currently members are collecting stuffed animals and baseball caps for patients at the Shriners' Hospital in Galveston.



Eastbank and Westbank clubs meet monthly.

For more information on meeting dates and times, please call the 4-H Office at 838-1170.



## SMART CHOICES

Good health is all about smart choices! To enjoy good health for a lifetime, your choices should include a healthy, low fat diet as well as regular exercise. Each month we will highlight some information that will help you make healthy choices.

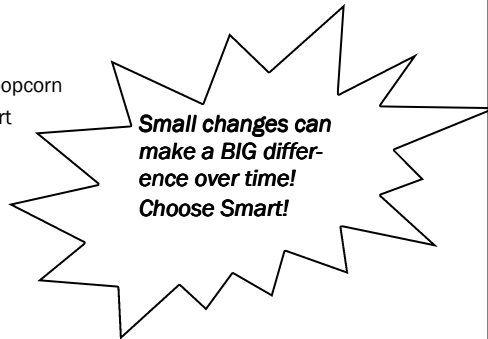
Smart choices include low fat food choices. With a little planning, you can enjoy a delicious diet that is lower in fat! Here are a few examples to try:

### Instead of ...

- Potato chips
- Ice cream
- Regular milk
- French fries
- Candy bar
- Regular cheese

### Choose...

- Pretzels or low-fat popcorn
- Low-fat frozen yogurt
- 1% milk
- Baked potato
- Fresh fruit
- Low-fat cheese



## CHARACTER CORNER

The LSU AgCenter has partnered with the Character Counts! Program to produce a character education program currently being implemented through the 4-H Programs in Louisiana. It teaches the Six Pillars of Character:

**Trustworthiness, Respect, Responsibility, Caring, Fairness, and Citizenship.**

Why is having good character important? It makes the world a better place for everyone. People of character set good examples for others to follow. They are respected by those around them.

Each month we will focus on a different Pillar of Character. This month's Pillar is **Trustworthiness**.

A person who is **trustworthy** shows *integrity* by having the courage to do what is right. He shows *honesty* by telling the whole truth. This person is *reliable* and does what he says he will do. He is *loyal* to his family, friends, and country. He does not lie, cheat, or steal.

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

"What is right is right, even if no one is doing it. What is wrong is wrong, even if everyone is doing it."

~Author Unknown



### 4-H Colors

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

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

*White symbolizes high ideals.*

## 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

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For the latest Jefferson Parish  
4-H information, visit our website at:

[www.lsuagcenter.com/en/  
our\\_offices/parishes/Jefferson/](http://www.lsuagcenter.com/en/our_offices/parishes/Jefferson/)



# News from our Clubs



### Solis Elementary

The Solis 4-H Club plans to have an outstanding year. Along with the events, contests and activities sponsored by the parish, the Solis 4-H club will have guest speakers, a sewing contest, and a rocketry contest. At Awards Day in May, two students will receive trophies!

We will hold our officer election on October 3rd. Our first meeting will be held on October 9th.



### Westbank Teen Leader Club

We want to thank **Mrs. Beverly Madere**, recently retired 4-H Agent, for her many years of service and commitment to the youth of Jefferson Parish. Her care and attention to developing youth was exemplified by the time she took to schedule monthly meetings, organize field trips, encourage service learning, and supervise teens attending 4-H University. Her compassion and leadership skills are passed on to the next generation of leaders, and she will be greatly missed as she focuses on the next chapter of her life of giving.

Kavon Faili

## Attention Club Reporters!

All 4-H Club Reporters are encouraged to submit their monthly news articles for publication in the **Jefferson Parish 4-H Youth Connection**. Share your club activities, ideas, and successes! Give a copy of your report to one of the 4-H

Agents or mail it to:

**4-H Newsletter**  
6640 Riverside Drive,  
Suite 200  
Metairie, LA 70003

Or email to:

[agauthier@agcenter.lsu.edu](mailto:agauthier@agcenter.lsu.edu)

## LOUISIANA 4-H CENTENNIAL SCAVENGER HUNT!


A Centennial Scavenger Hunt sponsored by the Louisiana 4-H Foundation will take place through **November 31, 2008** to find photos, medals, trophies, clothing, demonstration materials, record books, 4-H camp memorabilia, etc. for developing exhibits in the **Louisiana 4-H Museum**.

Cash prizes of \$100.00 will be awarded by December 31, 2008 to parish 4-H foundations for parishes whose residents submit the best entries in the categories listed below. Multiple entries will be accepted for multiple categories. Items can be loaned or donated to the museum.

The "Item Donation and Loan Procedures" describe submission details. The form can be found at <http://www.lsuagcenter.com/4hmuseum/> through the "Centennial Scavenger Hunt" link.

### SCAVENGER HUNT CATEGORIES:

- Most unique item bearing the 4-H emblem AND a parish name
- Oldest item bearing the 4-H emblem
- Oldest 4-H Record Book or 4-H scrapbook
- Oldest 4-H project bulletin
- Photo of 4-H'ers in the act of "learning by doing"
- Photo of 4-H'ers in the act of running a 4-H meeting
- Photo of 4-H'ers actively engaged in a service project
- Photo of 4-H'er doing a demonstration or public speaking
- Oldest trophy, medal, or certificate
- 4-H "uniforms" worn in the past
- 4-H award trip photo of youth having fun and/or learning
- 4-H award trip memorabilia
- Short Course (4-H University) photo of 4-H'ers
- Camp Jesse Harrison photos and memorabilia
- Other camp photos and memorabilia
- Old 4-H demonstration materials, any topic



Ask your parents,  
grandparents or  
other former 4-H  
members to look  
through their  
"treasures" for items  
for submission!