

## 4-H YOUTH CONNECTION

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## 4-H SUMMER CAMP ANNOUNCED

How would you like to spend a fun-filled week playing softball, basketball, badminton, and volleyball? Maybe you would enjoy swimming in an Olympic-sized pool, canoeing, making handicrafts, and learning to shoot a bow and arrow. Maybe you would like to meet and get to know other 4-H members like yourself in a beautiful outdoor setting.

If this sounds like fun, plan on spending a week at 4-H Camp this summer. Camp will be held **Monday through Friday, June 15–19.**

You get to select your own educational track from among the following: *Dramatic Arts; Outdoor Adventures; Get Ready, get SET—Science, Engineering & Technology; RECHARGE—Food and Fitness; and Explore Louisiana: Wetland, Wildlife, and YOU!*



Camp is open to boys and girls in 4th–6th grades. Jefferson Parish campers will join boys and girls from other surrounding parishes at the Grant Walker 4-H Educational Center in Pollock, LA for a fun-filled week of adventures and good friends. (Pollock is located near Alexandria, LA in the central part of the state.)

Campers will travel by bus to the Grant Walker 4-H Educational Center. Transportation is included in camp fees.

The camp brochure has additional information, including fees and application.

Your application and a \$50.00 deposit to reserve your space is due **May 1 in the 4-H Office. Do not bring your application and fee to your school or 4-H leader.**

**Don't Delay!  
Space is limited!**



### **Special note to 4-H members 15 years or older:**

Each year we select outstanding 4-H teens to accompany us to 4-H Camp as Camp Counselors. Teens go through an application and interview process. Selected teens can earn service hours while having a great leadership experience. A Leadership Scholarship will be made available to counselors from the Jefferson 4-H Foundation Board. If you are interested in applying for one of the 4 available (2 male and 2 female) Camp Counselor positions, contact one of the 4-H Agents at 838-1170 for an

Application.



## 4-H Challenge Camp

On Tuesday and Wednesday, **April 14th and 15th**, the Jefferson Parish 4-H Program will hold its annual Challenge Camp Overnight Experience for **7th Grade 4-H members**. This year our parish will participate in a pilot program at the newly opened Coastal Education and Research Facility in eastern New Orleans. Ten 4-H members can participate.



Challenge Camp offers opportunities in learning about our Louisiana wetlands, marsh, and coast. Participants will also learn how to work together in groups as well as decision making skills.

Challenge Camp fee is \$25.00 per participant. Application forms are available from the 4-H Office (838-1170) and must be completed and returned to the 4-H Office with camp fee by **Tuesday, March 31st.**

## CALENDAR OF EVENTS

### March

- 6 Junior Wildlife Tour applications DUE
- 13 -15 Junior Leadership Conference
- 19 Teen Leader Meetings (East)
- TBA Teen Leader Meetings (West)
- 27 4-H T-Shirt Design entries DUE in 4-H Office
- 27 4-H Dairy Billboards DUE in 4-H Office
- 31 Challenge Camp applications and fee DUE in 4-H Office

### April

- 4-5 Spring Garden Show
- 14-15 Challenge Camp
- 21 State Ambassador Contest Egg, Seafood, Poultry Baton Rouge
- 27 District Commodity Cookery Contest, Houma

### May

- 1 4-H Camp applications and deposit DUE in 4-H Office
- 1 Registration for 4-H Day at the Capitol
- 1 4-H Beef Posters DUE in 4-H Office
- 4 Foundation Board Mtg.

## Reminders!

4-H T-Shirt Designs DUE in 4-H Office March 27.

4-H Dairy Billboards Due in 4-H Office March 27.

Complete details for both can be found in the February newsletter posted on the Jefferson Parish 4-H website.

### 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 DAY AT THE CAPITOL

The annual "4-H Day at the Capitol" has been announced by the State 4-H Office. All 4-H members and volunteers are invited to travel to Baton Rouge on **Wednesday, June 3** to participate in this fun, educational event!

Visit our historic state capitol building! See how our government works! Meet some of your Senators and Representatives who make up our Louisiana Legislature.

The day will begin with a short program on the front steps of the Capitol at 10:00 a.m. Members from all over the state of Louisiana will participate. Plan to be in that number!

Last year over 1000 4-H members, parents, volunteers, and agents attended this event. Legislators truly enjoy this day and many have expressed their eagerness to meet with 4-H members.

All participating 4-H members will receive a **free t-shirt** to wear.

The event is free, but you must register by **Friday, May 1st to get a shirt.** Call the 4-H Office at 838-1170 for more information.



## SMART CHOICES—

### HOW MUCH SUGAR IS IN THE FOOD YOU EAT?

It is important to watch the amount of sugar that you consume. A low-sugar diet helps keep weight down. A diet high in sugar contributes to tooth decay. Sticky or chewy sugary foods that stay on the teeth longer cause more problems than other sweets. Sugary foods eaten between meals are more likely to cause tooth decay than those eaten only at mealtime.



Sugar is often hidden in foods that we eat. We need to become "label detectives"! Sugar is listed under carbohydrates on food labels. The amount of sugar contained in a food will be listed in grams. **Four grams of sugar equal 1 teaspoon.**

Sugars include white sugar, raw sugar, brown sugar, honey, corn syrup, and molasses.

Here are a few examples of common foods and the amount of sugar contained in each:

- 12 ounce can of cola** 9 tsp
- 12 ounce fruit drink, fruitade or punch** 12 tsp
- 1 oz. chocolate bar** 5 tsp
- 1 slice apple pie** 6 tsp
- 1/2 cup canned fruit (light syrup)** 2 tsp
- 1/2 cup canned fruit (heavy syrup)** 4 tsp

## NEWS FROM OUR CLUBS

### Leo Kerner 4th Grade

Our Vice President is **Taylor Genna**. Our Treasurer is **Mason Poche**. Our Reporter is **Sophia Relayson**. Our Parliamentarian is **Desire'Camus**. And finally our Secretary is **Kobe Mamolo**. At our last meeting we were working in the 4-H tree farm. We planted seedlings and pulled weeds. The Cookery Contest is coming up. Members should start finishing their project books to get a new one.

**Sophia Relayson**

### Leo Kerner Elementary

The Leo Kerner, Jr. Elementary 4-H club made ornaments for the Christmas Lighting Ceremony at the Jean Lafitte Town Hall. We made Christmas trees, snowflakes, snowmen, and 4-H clover ornaments.

The 4-H Club sang Christmas Carols at the Senior Center on Wednesday, December 17th. We also made wreath ornaments out of puzzle pieces, and we added small leaves and beads. The ornaments were given to the seniors at the senior center.

**Taylor Crain**

### Word of Life Academy

The 4-H club members have presented several reports this year during the meetings to share with the club some of the activities they have enjoyed doing. The topics are as varied as the project books, and everyone learns something new. A challenge was given to sew a button even if the students were not in the Discovering 4-H project book. This part of the meeting is the best to overcome shyness and to really connect with the talents and abilities of other members.

**Donna Gibson**

### East Bank Teen Leaders

The East Bank Teen Leader 4-H club is getting busy for the up coming month. We had a successful 2008-2009 election. Newly elected officers are: **Jonathan Balint**, President; **Jessica LeBlanc**, Vice President; **Bryan Devillier**, Secretary; **Lucero Diaz**, Reporter; and **Jenna Devillier**, Assistant Reporter.

We have presented our community service ideas and decided on two projects for the upcoming month. First we will be making small bags full of goodies and useful products for our local veterans. Information on this project was provided in the February 4-H newsletter. Item donations are welcome. Call the 4-H Office at 838-1170 to arrange for pick up or drop off of items. We will be stuffing bags in April.

The second project will be to assist the Jefferson Parish Animal Shelter. More information on this project will follow as it becomes available.

**Lucero Diaz**

### Grace King High School

In December, we had our 4-H Cookery Contest. The winner was **Myrna Aguillar** for her beef dish.

In January we will be helping with the Body Walk at Ella Dolhonde Elementary School as part of the Smart Bodies Program.

**Marouf Dibeh**

### Airline Park Elementary

Our club 4-H cookery contest was a big success! The following members were named Blue Award winners: **Kiona Green**, **Jasmine Lewis**, **Alyssa Perrera**, **Amanda Jones**, **Chastity Thomas**, and **Ashley Muse**. These members are eligible to represent Airline Park Elementary at the Jefferson Parish 4-H Commodity Cookery / Ambassador Contest at Lakeside Shopping Center on Saturday, February 28. Other cookery contest participants include: **Taiganna Kimbrough**, **Cain Esquivel**, **De'Avante Cooper**, **Danniece Johnson**, **Tanara Wallace**, **Lilliana Diaz**, **DeJa Keller**, **Taylor Smith**, and **Ashley Muse**.

**Ashley Muse**  
**Tiganna Limbrough**

### Homedale Elementary

Our 4-H club held its meeting on January 14th. The meeting was called to order by President **Samuel Tejada**. **Ashley Ewald** did a demonstration about making Rice Krispy treats, and everyone was able to enjoy. The 4-H club also held its School Cooking Contest. The winners were **Samuel Tejada** with his Bread Pudding, **Jennifer Chiang** with her Custard Tarts, and **Maya Stewart** with Taco in a Pasta Shell. These students will be representing Homedale at the parish contest at Lakeside Shopping Center.

Check out this website:



## Congratulations

Congratulations to the following 4-H members who will be receiving special 4-H Awards:

### 4-H Foundation Award of Excellence:

**LeAnn Marie Lightell**,  
Kerner Elementary  
**Tiffany Amber Landry**,  
Kerner Elementary  
**Dani Lillian Bean**,  
Kerner Elementary

### 4-H Key Club Award:

**Andrew Kavon Faili**,  
West Bank Teen Leader Club  
**Daniel James Melancon**,  
West Bank Teen Leader Club

*The 4-H Foundation Award of Excellence* recognizes Junior members (under the age of 14) for outstanding project work, leadership, and community service.

*The 4-H Key Club Award* recognizes senior 4-H members (16 years of age and older) who have shown outstanding leadership ability in the 4-H Program.

Only 1/2 of 1 percent of the parish's total enrollment can be selected to receive either award.

Congratulations to these outstanding Jefferson Parish 4-H members!

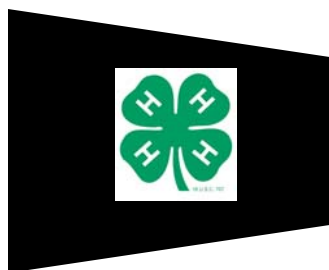


# 4-H BEEF POSTER CONTEST ANNOUNCED

## 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

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/)

4-H members are encouraged to create a poster telling about beef and/or beef products. The finished poster should be appropriate for use on a billboard.

Each participating 4-H member will receive an award ribbon. Contest divisions are as follows:

- Division 1** 4th–6th grades
- Division 2** 7th–9th grades
- Division 3** 10th–12th grade

The overall winning posters in each division will be sent to the State Contest in Baton Rouge. State awards in each division are as follows:

- 1st Place—\$100
- 2nd Place—\$50
- 3rd Place—\$25

### Contest rules are as follows:

- ▶ Poster must be on **11" X 14" white poster board.**
- ▶ Posters should generate positive images of beef and beef products and not portray negative images of other food products (such as chicken, pork, etc.)
- ▶ **DO NOT** use copyrighted materials. Pictures, clip-art and materials (such as cartoon characters, advertisements, logos, etc.) that are copyrighted may not be used on the poster. The poster will be disqualified if these materials are used.
- ▶ Computer generated clip-art may be used on the poster if it is not copyrighted material.
- ▶ Completed posters are due in the Jefferson Parish 4-H Office by **Friday, May 1.**

**Need ideas?** 4-H members can get ideas from magazines, parents, friends, nutrition bulletins and meat publications. Materials are also available from your local supermarket, butcher, The American Meat Institute or National Livestock and Meat Board.

This contest is co-sponsored by the Louisiana Cattlemen's Association and the LSU Ag Center. The 4-H Beef Poster Contest is open to all 4-H club members. No posters will be returned.



## CHARACTER CORNER ...

### CITIZENSHIP

Citizenship means many different things. Each of you is a citizen of many groups. You are a citizen of your country, state, town, school and your home. Being a good citizen requires commitment. Citizens have rights, and with rights come responsibilities. As good citizens of America we must be involved in improving life. Good citizenship means making the right choices, taking a stand for your beliefs, and getting involved. A good citizen is involved in making the world a better place to live.

#### Citizenship means:

- ◊ Being loyal to your country and showing patriotism.
- ◊ Taking your citizenship seriously by doing your duties as an adult such as voting, paying taxes, being informed of laws and government.
- ◊ Obeying the law.
- ◊ Doing your part to make a world a better place to live.
- ◊ Participating in your community as a person of character.
- ◊ Making a difference in your community.

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

"The sole meaning of life is to serve humanity."

~Leo Tolstoy

**CHARACTER  
COUNTS!**<sup>SM</sup>