

4-H YOUTH CONNECTION

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PARISH OFFICERS AND LEADERS ATTEND REGIONAL TRAINING

Belle Chasse Primary School in Plaquemines Parish was the host site for the 2008 4-H Officer/Leader Training held on Saturday, October 25. Forty-two club officers and leaders from Jefferson Parish joined participants from Orleans, St. Bernard, St. Charles, St. John, and Plaquemines parishes.

Club officers received special training in their specific officer responsibilities. This was followed by Officer Leader Workshops in Skillstastics, Service Learning, Wetlands, and Food & Fun. Volunteer leaders participated in a special leader workshop.

The day ended with a hot dog lunch. Participants will receive

a free Officer/Leader Training T-Shirt thanks to the corporate donation from Entergy. We thank them for their continued support of our 4-H Youth Development Program.



Jefferson Parish participants from the Eastbank included: **Carol Gibson** (leader), **Rebekah Rine**, **Brooke Renton**, **Shenique Hines**, **Shelby Pugh**, **Angela Armit** from Birney Elementary; **Madge Borne** (leader), **Kaori Keyser**, **Jody Martin**, **Tyler Holmes**, **Yalhn Alvarez** from Audubon Elementary; and **Liliana Diaz** and **Chastity Thomas** from Airline Park Elementary.

Westbank participants included: **Rachel Faili** and **Barbara McGowan** (leaders), **Helen**

Stevenson, **Ayanna Aaron**, **Johnny McGowan** from Word of Life Academy; **Steven Faili** from West Bank Teen Leader Club; **Nancy Sarver** (leader), **Destiny Pascual**, **Savannah Relayson**, **Jasmine Myles**, **Kelsey Brooks**, **Kristin Tran** from Solis Elementary; **Taylor Genna**, **Gaelynne Guidry**, **Dante Degruise**, **Mason Poche**, **Taylor Crain** from Kerner Elementary; **Ellie Melancon** (leader), **Laura Melancon**, **Daniel Melancon**, **Marlena Winter**, **Amberlyn Arcement** from Fisher Middle/High School; **Kayla Smith** from Strehle Elementary; **Pamela Thomas**, **Debra Olivier** (leaders), **Tiffany Olivier**, **Gabrielle Olivier**, **Matthew Olivier**, **Joseph Thomas** from Key Home School.

4-H COMMODITY COOKERY/ AMBASSADOR CONTESTS



Calling all 4-H Chefs! It's time once again for the Jefferson Parish 4-H Commodity Cookery/ Ambassador Contests!

The first level of this 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 Mailbox Member will be eligible to participate in the Parishwide Commodity Cookery Contest in early

2008. Ambassador presentation will be part of the Parishwide competition.

Each 4-H member can enter **one dish** in any of the 5 contest divisions: Egg, Seafood, Ground Beef, Poultry, and Sugar.

Dishes must be prepared at home and brought to the contest following **good food safety practices** listed in the rules packet provided at your November club meeting. Mailbox Members will receive the contest rules by mail.

The dish must be accompanied by a copy of the recipe typed in correct recipe format.

This is a great time to try your hand at cooking! You will also learn about nutrition and safe food handling.



CALENDAR OF EVENTS

Upcoming Events
Hoops & Clovers Game
Friday, February 27, 2009
New Orleans Hornets
vs.
Milwaukee Bucks



Many of our clubs collect new toys for needy children as a community service project. Your club may distribute these toys to needy families or the 4-H Office can help with distribution. If you need help with distribution, please get them to the 4-H Office (or call one of the 4-H Agents to arrange for a pickup) by **Friday, December 12.**

Toys for children 9 years and older are especially needed.



November

- Club level 4-H Commodity Cookery Contests
- 3 4-H Foundation Board mtg.
- 13 Teen Leader Club (West)
- 20 Teen Leader Club (East)
- 21 Centennial Bookmark Contest entries DUE
- 27-28 Thanksgiving Holiday 4-H Office Closed

December

- 11 Teen Leader Clubs
(Call 4-H Office for times and locations)
- 12 Toys DUE for Toy Drive
- 15-16 Annual Agents' Conference, Baton Rouge



January

- 16 Registration DUE for Parish-wide Commodity Cookery/Ambassador Contest
- 16 Hoops & Clovers ticket orders and payment DUE

February

- 2 Honey Bee Essays DUE in 4-H Office
- 7 Parishwide Foods Contest
- 27 Hoops & Clovers Hornets vs. Bucks

HONEY BEE ESSAY CONTEST



All 4-H members are invited to participate in the upcoming **4-H Honey Bee Essay Contest** sponsored by the *Louisiana 4-H Foundation and Louisiana Beekeepers Association*.

Essays are **DUE in the 4-H Office** (see address on page 4) by **Monday, February 2, 2009.**

✓ Entries must address the designated subject: **"The Dance Language of Bees."** Other topics will not be considered.

✓ Entries must be typed or computer-generated, double-spaced, 12pt. On one side of white paper following standard manuscript format.

✓ All factual statements must be referenced with bibliographical-style endnotes and bibliography.

✓ A HONEY BEE ESSAY COVER SHEET (available from 4-H Office) and a brief biographical sketch of the essayist including date of birth, gender, complete mailing address, and telephone number, must accompany the essay.

✓ **The essay should be 750–1000 words.** The word count does not include the endnotes, the bibliography or references, or the essayist's biographical sketch.

Essays will be judged on :

- (A) Scope of research, 40%
- (B) Accuracy, 30%
- (C) Creativity, 10%
- (D) Conciseness, 10%
- (E) Logical development of the topic, 10%

Be sure to get complete contest rules, scoresheet, and essay cover sheet from your 4-H Leader or 4-H Agent. Call the 4-H Office at 838-1170 if you have questions or need further information.

LEADERSHIP CLUBS FORMING NOW

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

Club members plan and conduct service learning projects and community service activities.

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

Eastbank and Westbank clubs meet monthly. For more information, please call the 4-H Office at 838-1170.

November Meetings:

Westbank Teens—Thursday, November 13 6:00–7:00 Teen Center, Westbank Regional Library

Eastbank Teens—Thursday, November 20 7:00–8:00, 4-H Office

NEWS FROM OUR CLUBS



Solis Elementary

The 4-H members held an election to elect their 4-H Officers on October 3. Congratulations to **Savannah Relayson**, President; **Kristen Tran**, Vice President; **Jasmine Myles**, Secretary; **Destiny Pascual**, Treasurer; and **Kelsey Brooks**, Reporter/Photographer. Our club is looking forward to an outstanding year!

Audubon Elementary

Audubon's 4-H club held their first meeting in October. Members began learning the 4-H Pledge and how the 4-H Program works. **Ms. Borne** gave a presentation on the first day, and later 4-H members will be able to pick a day to five their presentations and sign up on the 4-H calendar. Officers will be elected shortly. We are looking forward to a great year!

Kerner 6th Grade

Club officers were elected at our first 4-H meeting. Congratulations to the following members who will be providing leadership to our club: **Dani Bean**, President; **Tiffany Landry**, Vice President; **Jarett Talbot**, Treasurer; **Imaige Matherne**, Parliamentarian; **Katie Molnar**, Secretary; and **Gaelynne Guidry**, Reporter.

Gaelynne Guidry

Key Home School Club

In a VERY CLOSE election, the following members were elected to lead our club in the upcoming 4-H club year: **Gabrielle Olivier**, President; **Matthew Olivier**, Vice President; **Tyler Walker**, Secretary; **Brandon Para**, Treasurer; **Tiffany Olivier**, Reporter; and **Joseph Thomas**, Photographer. Congratulations to all of the Key Home School 4-H club's new officers. I'm sure each of you will do an excellent job for our group this year!

Kim Lewis, Leader

Word of Life Academy

Word of Life Academy held its club elections, and the results were supported by all of the club members. Congratulations to **Helen Stevenson**, President; **Ashley Borel**, Vice President; **Donna Gibson**, Treasurer; **Johnny McGowen**, Alternate Leader.

In a celebration of National 4-H Week, Word of Life Academy 4-H Club conducted a week of community service projects ending with the "annual" Belle Terre Plaza window washing. Six businesses were spotless as a result of **Ayanna Aaron's** team effort. Thanks go to **Ja'el Robinson, Kavon Faili, Bethany Monroe, Norma Rojas, Arrash Faili, Le'Shanda Frye, Ashanti Aaron, Paola Cruz, Natalie Capliger, and Sal Gendusa.**

Donna Gibson

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 report to:
agauthier@agcenter.lsu.edu
Please put "4-H newsletter" in subject line

4-H Centennial Bookmark Contest

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.



4-H Centennial
Bookmark
Contest
Template



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/)

4-H Coin Collection Fundraiser



Many of you contributed pennies to our "100 Days of Pennies" collections for the La. 4-H Foundation. This year, we are once again collecting coins, but these will benefit our Jefferson Parish 4-H Program. Members are asked to donate coins. Agents will pick up coins at each club meeting. **Club points will be awarded for each pound of coins collected.** Dollar bills will be counted as the weight of 2 rolls of pennies. Club with the most accumulated weight at the end of April will be the winner. Thanks for your support!

SMART CHOICES— STEP UP TO GOOD HEALTH

You probably already know that exercise is good for you. But you may not realize a few important things about exercise:

⇒ **It is a major factor in preventing the number one killer—Heart Disease.**

⇒ **Exercise increases HDL, which is good cholesterol.** High levels of HDL will keep the ratio of LDL (bad cholesterol) low, which has a protective effect for heart health.

⇒ **Regular exercise and a healthy diet are important ways to prevent or control Type 2 Diabetes.**

Children and adolescents should do **at least 60 minutes** of physical activity on most, preferably all, days of the week

The key to fitness is making it a **regular part of your day**, just like brushing your teeth. Although 30–60 minutes of exercise is needed each day, it doesn't all have to be done at one time. 10 minute doses of exercise can be just as effective for your health as one 30 to 60 minute session.

Make exercise a part of each day. You will feel better and be healthier! Step up to good health—EXERCISE!



CHARACTER CORNER... RESPECT

Respect is the act of feeling or showing regard for someone or something. We show respect through what we do and say. We want to be shown respect, to be treated with dignity. We want a chance to be ourselves, to be recognized for who we are. We want to have a voice in the decisions that affect us. We want to be heard. We want to be valued for who we are and not for what we have. We want privacy and for others to show respect for our things.

We want to be shown respect, but do we show respect to others?

- ▶ Treat others with respect.
- ▶ Be tolerant of others.
- ▶ Use good manners, not bad language.
- ▶ Be considerate of the feelings of others.
- ▶ Don't threaten, hit or hurt anyone.
- ▶ Deal peacefully with anger, insults and disagreements..
- ▶ Listen to others.
- ▶ Honor property of others.
- ▶ Practice the Golden Rule.

**CHARACTER
COUNTS!**

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

"Life is not so short but that there is always time enough for courtesy."

~ Ralph Waldo Emerson