



Bayou Gazette

September 2021



St. Martin Parish Cooperative Extension

114 Courthouse Street

Breaux Bridge, LA 70517

Phone: 337-332-2181

Fax: 337-332-2870

Website: www.louisiana4h.org/stmartin

Office Hours: 8 a.m. to 4:30 p.m.,
Monday-Friday

Social Media; Search "St. Martin Parish 4-H" on Facebook, Twitter, Instagram, & Pinterest

Welcome to 4-H! We are so glad that you are a part of the largest youth organization in the United States. Now that you are part of 4-H, you are a part of LSU as well! Louisiana 4-H is a program offered through the LSU AgCenter.

You can have a lot of fun in 4-H if you put some effort in it. There are several ways for you to be active in 4-H. You can do things with your school club, in the parish, in the region, and even at the state level. You can attend fun, hands-on workshops; join project clubs; compete in contests; learn how to be a leader; show livestock; join the shooting sports group; go to sporting events; make a Christmas ornament; complete a 4-H portfolio to show off your accomplishments - The sky is the limit to what you can do in 4-H!

You will receive a 4-H project book in October. The book will help you discover many new things and allow you to do some hands-on activities.

Be sure to ask for help if you need it. Parents, guardians, grandparents, and even brothers and sisters can help you a lot with 4-H activities. Also, be sure to ask your school club leader any questions you may have. You can also call the 4-H Office at 337-332-2181 if you have any questions.

We're looking forward to a great year in 4-H!

Sincerely,

Mrs. Hope Guidry

Mrs. Erica Poirier

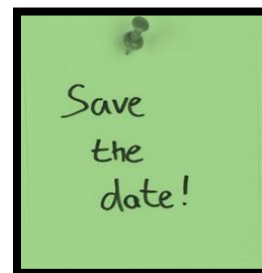
Events Calendar

September

- 6 **4-H Office Closed** – Labor Day
- 24 Enrollment Card & Dues due to club leader at school
- 24 Parish Livestock & Shooting Sports Ambassador applications due
- 27 Jr. Leader Mess Fest & Enrollment Meeting (4-H Office)

October

- 3-9 National 4-H Week
- 10 Shooting Sports Open House (Livestock Barn at BBHS)
- 22 Camp Grant Walker Theme Contest entries due to the 4-H Office
- 23 Fall Fest Contest Day (4-H Office)





Meet the St. Martin Parish 4-H Agents

What is a 4-H Agent? Well.... a 4-H Agent makes 4-H happen in your parish. They plan events, come up with workshops for you to attend, make things fun, and visit you at club meetings. St. Martin Parish has one 4-H Agent and a 4-H Program Assistant. Meet the 4-H staff below.



Mrs. Hope Guidry is from Breaux Bridge, LA. She joined the LSU Agcenter as a 4-H Agent in November 2006 after being a teacher for 13 years. Mrs. Hope is married to Kevin Guidry and has 2 children - Gabrielle and Jordan. She has a Bachelors degree and a Masters degree from the University of Southwestern Louisiana.



Mrs. Erica Poirier, our 4-H Program Assistant, is from St. Martinville, LA. She has been involved with the St. Martin Parish 4-H program since 2008 when her children became interested in shooting sports. Mrs. Erica is married to Barry Poirier and they have 4 children – Courtney, Bailey, Abbey, and Billy. She has a Bachelors degree from the University of Louisiana at Lafayette and a Masters degree from Louisiana State University.

How Do You Join? & What Does it Cost?

The St. Martin Parish 4-H Office receives \$10.00 from each 4-H member. This is collected by your 4-H Club Leader. Out of the \$10.00 we collect from each 4-H'er, the State 4-H Office gets \$3.00 to help pay for programs and awards. *(The money that we keep from your dues helps us with the cost of our 4-H meeting supplies, contests, activities, and awards.)* NOTE: Some clubs collect additional dues (up to \$5.00) to help pay for 4-H club activities at their school. Your 4-H Leader will let you know what your 4-H dues are.

In order to join 4-H, you must turn in your signed enrollment card and dues to your 4-H Leader at school by Friday, September 24th. If your school leader did not give you a paper copy, visit this link to sign up: <http://lsuagcenter.com/4henroll>

What Can You Expect as a 4-H Member?

Being a 4-H member is going to be a lot of fun this year. You get what you put into your 4-H experience. So what does it mean when you sign up to be a 4-H member? How do you have a positive experience as a 4-H member?

Expectations of 4-H Members in order to have a great 4-H experience:

- Have FUN
- Participate/Take Part in Events, Activities, and Workshops
- Make Friends
- Participate in Meetings
- Volunteer to Do Community Service
- Have a Good Attitude During 4-H Events
- Complete your 4-H Portfolio
- DO YOUR OWN 4-H WORK!!!!
- Attend 4-H Achievement Day
- Ask Questions if You Are Confused!

Attention Parents of 4-H Members:

Whether you are a seasoned 4-H parent, or this is your first year in 4-H with your child, there is a special role a parent plays in their child's 4-H experience.

Your child needs your encouragement to get them started in 4-H and to keep them involved in the program through their teen years. You can help if you:

- **Share:** Take interest, look, listen, and offer suggestions, but avoid the temptation to "take over" and do things yourself.
- **Prepare:** Help your child value having their projects, duties, and presentations done right and on time.
- **Be There:** Parents are part of 4-H, too. You are welcome and very needed. Lend a hand where you can. Volunteer!
- **Care:** Support your child's participation and abide by the policies set by the 4-H Youth Development Program.

Remember - The St. Martin Parish 4-H program is run by trained youth development professionals who always have the best interest of your child and the program. Help us to make this a positive experience by helping your child and understanding your role as a 4-H parent. As always, if you have a question, concern or suggestion please do not hesitate to contact Hope or Erica at 337-332-2181.

4-H Fun Facts

The 4-H Motto is: *"To Make The Best Better"*

This motto challenges everyone involved in 4-H to do the very best job they can.

The 4-H Colors Are: *Green and White.*

Green symbolizes nature's most common color. White symbolizes purity.

The 4-H Emblem is:

A green four-leaf clover with the letter "H" on each leaf. The H's stand for:

Head, Heart, Hands, and Health





Shooting Sports

Youth who are 9 years old prior to January 1, 2022, are eligible to participate in the shooting sports program. **4-H members who plan to participate in the shooting sports program must select the Louisiana Shooting Sports project in the outdoor skills/shooting sports area on their enrollment card.** If you select the Louisiana Shooting Sports project, you will be contacted by mail or email about the registration process, fees, future workshops, trainings, practices, and safety clinics.

Project books will not be distributed until the first shooting sports meeting, which will be announced later.

***Please note that there are extra fees and requirements for those involved in the Shooting Sports program. Adult support is required. An adult must attend all events with youth.*



St. Martin Parish 4-H offers lots of opportunities throughout the year. How can you keep up with all of the events? Stay connected! We publish a monthly newsletter that will be given to the 4-H member at their monthly club meetings. *(If you are absent on the day of the 4-H club meeting, ask your school club leader for a newsletter when you return to school.)*

We also have a St. Martin Parish 4-H website where we post newsletters, calendars, contest rules, and much more! Check it often.

The parish program is also connected through social media. We are on Facebook, Twitter, Pinterest, Instagram, and Snapchat. Join our pages today to stay connected and be active in 4-H this year!

The 4-H agents are also available at the office on Monday-Friday from 8:00 am-4:30 pm at 337-332-2181. You can also email Mrs. Hope at hguidry@agcenter.lsu.edu or Mrs. Erica at epoirier@agcenter.lsu.edu

Livestock News

Youth who are 9 years old prior to January 1, 2022 are eligible to participate in the livestock program. 4-H members who plan to raise animals and take part in the livestock shows must select the appropriate project(s) on their enrollment card. Exhibitors must also take possession of their animals by the dates listed below if they wish to participate in the parish, district, and state livestock shows. Exhibitors of market and commercial animals must validate their animals by the deadline.

If you will be exhibiting a livestock animal for the 1st time this year, please contact the 4-H Office at 337-332-2181 immediately so you can be placed on our mailing lists in order to receive important information. The 4-H Agent that works with livestock is Mrs. Hope Guidry. Please contact Mrs. Hope at 332-2181 or by email at hguidry@agcenter.lsu.edu with any questions.

Possession Dates:

August 16, 2021	Market Steers
November 8, 2021	Beef, Dairy, Sheep and Goats
November 15, 2021	Deadline to order Broiler Chicks (possession takes place the 1st week of Jan.)
November 15, 2021	Miniature Cattle
December 3, 2021	Swine
January 1, 2022	Rabbits (for parish show only)
April 1, 2022	Horses



Showing Character in your Livestock Projects

In livestock projects, as well as any other 4-H project, it is important for you to act in good character every day. It is not following just one pillar of character - You should look at all six of them. These pillars are:

- **Trustworthiness** – Be honest; Don't deceive, cheat, or steal
- **Respect** – Be considerate of the feelings of others; Be tolerant of differences
- **Responsibility** – Do what you are supposed to do; Think before you act; Be accountable for your choices
- **Fairness** – Play by the rules; Don't take advantage of others; Don't blame others
- **Caring** – Help people in need; Be kind and compassionate; Show that you care
- **Citizenship** – Be a good neighbor; Obey laws and rules; Respect authority

Be an Exhibitor who Shows Good Character!

Fall Fest Contest Day

Save the Date: October 23, 2021

All 4-H members are invited to join us at the first contest day of the year, 2021 4-H Fall Fest! Fall Fest will be held on Saturday, October 23, 2021, at the 4-H Office in Breaux Bridge (114 Courthouse Street, Breaux Bridge, LA 70517). What do you do at Fall Fest? Enter different parish contests! Scan the QR code for a link to the contest rules. *If you have questions, call 337-332-2181*



<https://m.facebook.com/media/set/?vanity=St.Martin4H&set=a.10159562260744798>

Choose Health: Food, Fun, and Fitness

This year, the 4-H Agents will present the following six hands-on, interactive Food, Fun, and Fitness lessons.

- **Drink Low-Fat Milk and Water Instead of Sweetened Drinks**
Youth will learn about the need to decrease consumption of sweetened beverages and visualize the amount of sweetener used in those drinks.
- **Color Your Plate: Eat More Vegetables and Fruits**
Youth will discuss the importance of fruits and vegetables and how to make half your plate fruits and vegetables.
- **Read It Before You Eat It! The Nutritional Facts Label**
Youth will learn to read nutrition facts labels through food label reading activities.
- **Make Half Your Grains Whole! Eat More Whole Grains**
Youth will learn the importance of eating whole grains. They will also do an activity to learn whole grains vs. refined grains.
- **Healthier Foods – Fast: Eat Fewer High-Fat, High Sugar Foods**
Youth will learn how to make healthier choices at fast food restaurants and how to make quick and healthy meals at home.
- **Power Up Your Day: Eat Breakfast!**
Youth will learn how to incorporate MyPlate into breakfast to fuel up well each morning.



Each month, we will have a trivia contest in *The 4-H Bayou Gazette* newsletter.

If you email the correct answer to us, along with your full name, school you attend, and your grade level, by the deadline, you will receive a prize at your next club meeting. Remember, your answer must be correct!

September 4-H Trivia Question:

What do the 4 H's stand for?

Email us the answer along with your full name, the school you attend, and your grade level by 9/20/21 to: smartin4h@yahoo.com

National 4-H Week is October 3-9, 2021

This year's 4-H theme is **4-H Builds**. 4-H will be working on *building* up our enrollment, *building* true leaders, *building* future citizens, and *building* impacts within our community! We hope to offer as many opportunities to all 4-H members as we normally do! Those opportunities may look slightly different at times, but they will be safe, educational, and fun! Whether virtual or in-person, we will work on *building* up our youth by using their Heads, Hands, and Hearts to **"Make the Best, Better!"**

National 4-H Week will be celebrated October 3-9, 2021. We challenge each of our members to share your 4-H stories and participate in community service throughout the week! Be sure to check out our parish social media and Louisiana 4-H social media pages for ideas and activities. As you *build* your communities through service, please share your pictures and stories with us on social media by using **#4HBuilds** on all of your posts."

St. Martin Parish 4-H Fall Commodity Fundraiser



The St. Martin Parish 4-H Foundation is hosting an annual fundraiser and will be selling both sweet potatoes and pecans. Proceeds from this sale will benefit the St. Martin Parish 4-H Program. The sweet potatoes are Louisiana grown on Garber Farms in Iota. The pecans are from Pointe Coupee Pecan Company.

Orders are due to the St. Martin Parish 4-H Office by November 9th. Pick-up for the items ordered will take place on November 23rd from 3:00 p.m. until 5:30 p.m. at the Breaux Bridge High School Barn, near the football field.

To order, fill out the form and return to the St. Martin Parish Extension Office located at 114 Courthouse Street, Breaux Bridge, LA. 70517. For questions or more information, please contact the St. Martin Parish 4-H Office at 337-332-2181.



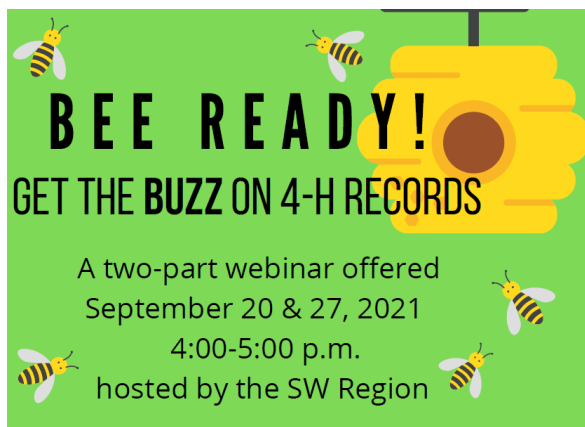
Camp Theme Contest



Help Louisiana 4-H celebrate 100 years of camping at Camp Grant Walker! Send us your most creative idea for a theme in five (5) words or less. Illustrations of your theme must accompany the phrase and will be part of the contest. Contest is open to all Louisiana 4-H youth. The winning theme will be selected based on its ability to be “catchy” and captures the spirit of camping at Camp Grant Walker for 100 years. The theme will be used on all publicity for camp, including the 2022 camp t-shirt. The winner will be awarded a monetary award!

Think fast – **the deadline is Friday, October 22, 2021**. Submissions must also include the following:

- Full name & age of person submitting the slogan
- Parish / 4-H Club
- Complete mailing address
- Telephone number



4-H Records Webinar

Parents and Volunteers (adult and teen) are encouraged to take part in this two-part webinar to learn more about 4-H records. The webinar will take place on Monday, September 20th and Monday, September 27th from 4:00-5:00pm. Scan the QR code to register for this unique opportunity hosted by the SW Region.



Scan the QR code below to register for this webinar.

https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsu.qualtrics.com%2Fjfe%2Fform%2FSV_b0WK7vI3AywGp70%3FQ_CHL%3Dqr&data=04%7C01%7Cbergeron%40agcenter.lsu.edu%7C1351d9c81549465067fe08d979568017%7C804b509899084bdf9c06b3df777563aa%7C0%7C0%7C637674235113002243%7CUnknown%7CTWFpbGZs b3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D%7C2000&data=%2F7CUMxy2TbbUoU4noTzttbynef97RJzHbisWTW81aY%3D&reserved=0



Jr. Leader Club MESS FEST

Looking for a greater 4-H experience? Join the Jr. Leader Club to become more active in 4-H and in your community. Please join us for the annual Mess Fest Jr. Leader Club party! Come learn what the club is all about.

When: **Monday, September 27, 2021 from 5:00 pm-6:30 pm**

Where: 4-H Office (114 Courthouse Street, Breaux Bridge, LA 70517)

Jr. Leader Club Dues are \$10.

7th-12th graders who are interested in the Jr. Leader Club are welcome to attend. Come learn about the Jr. Leader Club, meet new people, and get MESSY as we play games!

Wear clothing & shoes that can get dirty. Bring a towel.

The Jr. Leader Club is a group of St. Martin Parish 4-H members who gather once a month and do fun things. We also like to volunteer at different events, learn new things, and help the community. We hope to see you at Mess Fest!

Southwest Region Challenge Camp



NOVEMBER 30, 2021

**ROCK 'N BOWL, 905 JEFFERSON ST,
LAFAYETTE, LA**

**7TH & 8TH GRADE 4-H MEMBERS ARE
ELIGIBLE TO ATTEND**

Southwest Region 4-H Challenge Camp

Camp Date: November 30, 2021 from 10:00am – 5:00pm

Location: Rock 'n Bowl

Eligible Campers: 7th and 8th Graders who have not attended Challenge Camp before

Challenge Camp fee is \$30.00 per participant. This fee includes food, supplies, and a t-shirt.

4-H Youth will actively participate in Outdoor Challenge Activities, Indoor Challenge Activities, Teambuilding Activities, Group Challenges, AND MUCH MORE.....

Spots are limited – Contact the 4-H Office if you are interested.

Registration forms and fees will be accepted beginning on October 1st

It is the policy of the LSU AgCenter, Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, religion, gender, age, or disability. If you have a disability which requires special assistance for your participation in any aforementioned activity, please contact the St. Martin 4-H office at 337-332-2181. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.