



St. John Parish 4-H Clover Chronicle

OCTOBER 2012

CONTACT US

St. John Parish 4-H

Joseph Sylvain

Cynthia Clifton

Mariah Bock

151 East 3rd Street

Edgard, LA 70049

Office: (985) 497-3261

Fax: (985) 497-3409

www.lsuagcenter.com



4-H Food Focus Workshop!!!

The workshop will be held on **Oct. 16, 2012, 5 p.m.—6 p.m.** at the 4-H Office, located in Edgard. Get the edge on the competition for the Food Focus Contest by learning some great tips in preparing tasty food dishes!!!



Announcing!!! 4-H Cookery Contest

The 4-H Food Focus Contest will be held **Saturday, Oct. 27, 2012.** (Location to be Announced!!!) Registration starts at 12 noon. All entries must be in by 12:30 p.m. Judging will be from 1:00 p.m.—3:00 p.m. Please read all contest rules on the contest flyer. We look forward to your participation!!! Contest Flyer is attached.

4-H Pumpkin Decorating Contest



The St. John Parish 4-H Pumpkin Decorating Contest will be held on **Wednesday, Oct. 17, 2012.** Get your pumpkins prepared!!

Upcoming Events

- ◆ October 4, 2012 United Way Golf Classic
- ◆ October 7-13, 2012 National 4-H Week
- ◆ October 16, 2012 Food Focus Workshop
- ◆ October 17, 2012 Pumpkin Decorating Contest
- ◆ October 27, 2012 4-H Cookery Contest

INSIDE THIS ISSUE :

School Garden Project	2
4-H Livestock Project Attention Livestock Competitors	2
Attention 4-H'ers	3
4-H Challenge Camp	3

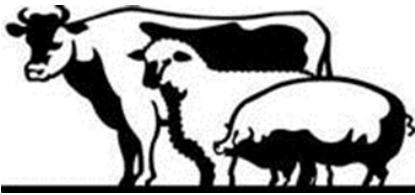
School Garden Project

A garden positively addresses six of the eight contributing factors to obesity identified by the Centers for Disease Control and Prevention. Gardening helps people learn about making better food choices, encourage physical activity, and lead to healthier environments at school, at home, and in the community. In efforts to promote and encourage 4-H'ers to make healthier food choices, St. John is encouraging schools to participate in the School Garden Project.



If your school is interested in participating in the school garden project, please contact the St. John Parish 4-H Office. We look forward to seeing what you can grow!! Remember, gardens provide reason for people to come together and work towards greening our community!

4-H Livestock Project Attention Livestock Competitors!!



If you are interested in competing in the upcoming LSU AgCenter Livestock Shows, please be aware of the validation dates and guidelines listed below.

Beef and Dairy Commercial Heifers, Market Lambs, Commercial Ewes, Market Goats, and Commercial Does will be validated **Nov. 5 thru Nov. 10, 2012**. **Nov. 10, 2012** will be the absolute last date to validate Commercial Beef and Dairy Heifers, Market Lambs, Commercial Ewes, Market Goats, and Commercial Does for the LSU AgCenter Livestock Shows. **Market Hogs** will be validated **Nov. 26 thru Dec. 1, 2012**. Dec. 1, 2012 will be the absolute last day to validate Market Hogs for the LSU Agcenter Livestock Show. * **Exhibitors who have not previously completed the online Quality Assurance and Ethics certification, that is mandatory for each exhibitor to show, must complete this prior to entering the 2012 Show. The certification is located at <http://qaec.lsuagcenter.com/> Please print the certificate and submit it with the Livestock Show Entry Form.**

Attention 4-H'ers!!

Attention 4-H'ers!! It is time to start thinking about the LSU AgCenter Junior Broiler Show. The Broiler project is a six week growing project in which 4-H'ers will raise, feed, clean, and show their live chickens. Judging will be on **Wednesday, Feb. 13, 2013**. If you are interested in competing, you must complete and return the attached registration form to your 4-H Club Leader by **Thursday, Nov. 8, 2012**. The cost is 40 cents per chick, and you **MUST** purchase at least twenty (20) chicks to participate. Please turn in the money for chicks with the attached registration form. We are looking forward to your participation.



4-H Challenge Camp



When: Nov. 12, 2012—Nov. 14, 2012

Where: Tickfaw State Park

Each year the different regions in Louisiana 4-H put on a Challenge Camp designed just for 7th and 8th grade 4-H members. This year Challenge Camp will be held at Tickfaw State Park. Challenge Camp provides a unique camping experience that leads you through awesome team-building activities and exhilarating games, allowing you to make memories that will last a lifetime! If you are interested, please complete and submit the attached registration form to your 4-H Leader. Spots will be given on a first come basis. Activities: Outdoor Challenge Activities, Personal Development Sessions, Self-Concept Workshops, Goal-Setting Sessions, and Much More. . .

Deadline to register is Oct. 29, 2012.