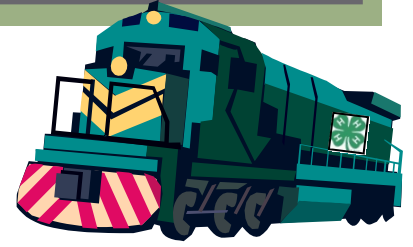




St. Charles Parish

4-H River Express



COOPERATIVE EXTENSION SERVICE
 St. Charles Parish
 1313 Paul Maillard Rd., Suite E
 P.O. Box 1766
 Luling, LA 70070
 Office: 985-785-4473
 Fax: 985-785-4475
 E-mail:
 stcharles@agcenter.lsu.edu
 Website: www.lsuagcenter.com

Research & Extension Programs
 Agriculture
 Economic/Community Development
 Families/Nutrition/Health
 4-H Youth Programs

Upcoming Events:

October 2011

- 2-8 National 4-H Week
- 4 4-H Junior Leader Meeting (6:00 p.m. - 7:30 p.m.)
- 6 United Way Battle for the Paddle
- 14 4-H Regional Challenge Camp application deadline
- 15 4-H Fun Day (9:00 a.m. - 12:00 noon)
- 16-22 Character Counts! Week
- 22 4-H Officer & Leader Training

November 2011

- 1-3 4-H Regional Challenge Camp (7th - 8th graders)
- 1 4-H Junior Leader Meeting (6:00 p.m. - 7:30 p.m.)
- 4 CWF, Fashion Camp, and Citizenship Camp Applications due
- 5 Sewing Workshop
- 6 Daylight Savings Time ends
- 9 Sewing Workshop
- 12 Sewing Field Trip; LSU 4-H Game Day
- 15 Sewing Workshop
- 17 Food Safety & Demonstration Workshop
- 19 4-H PAC meeting

Volume 4, Issue 2

October 2011

Get GROWing with 4-H

We hope that you are ready to get GROWing with 4-H! That's right! Get ready to learn new things and participate in new projects through your involvement in the 4-H program! Be on the lookout for news on new project clubs as well as fun activities and camps! Remember to mark all those special dates on your calendar before they pass you by! We hope that you enjoy this newsletter!

Remember to bring these newsletters home and share them with your family and friends!

★ For a color version of the newsletter, please go to www.lsuagcenter.com/stcharles



Celebrate October 2-8, 2011 National 4-H Week

National CHARACTERCOUNTS! Week

October 16-22, 2011

Always remember the golden rule: Treat others as you wish to be treated! Please help to celebrate great character this month by showing off those six pillars of character:

- **Trustworthiness** - Remember to be truthful to gain the trust of others.
- **Respect** - Remember to respect and honor your teachers, parents, adults, and peers.
- **Responsibility** - Take some responsibility by following through on your commitment to do homework, chores, or attend club activities.
- **Fairness** - Remember to share and give credit where credit is due.
- **Caring** - Remember to treat others with concern like you wish to be treated.
- **Citizenship** - Take part in helping the community by doing a service project.



Congratulations, OFFICERS!



Congratulations to our new 2011-2012 4-H Club Officers! You are invited to learn more about your new responsibilities as a club officer by attending our 4-H District Officer Training held in Belle Chasse on **Saturday, October 22, 2011**. By attending this training, you will learn how to work as a team by participating in a variety of fun and educational sessions. Please see your school 4-H Leader for more information.

★ CLUB CHALLENGE:

Each St. Charles Parish 4-H Club is challenged to take a club officer picture and submit the picture and a short description and/or article to your school newspaper and the St. Charles Herald Guide.

4-H Activity Challenge

Healthy Living Goal-Setting

KNOWLEDGE TRIVIA:
 How much do you need per day?

- _____ cups of fruit
- _____ cups of vegetables
- _____ minutes of physical activity

SETTING YOUR GOAL
 What is your Healthy Living Goal?

PLAN OF ACTION
 What will you do to reach your goal?



The St. Charles 4-H Program is a community agency funded by the United Way of St. Charles



St. Charles Parish



FUN DAY



Saturday, October 15, 2011
Monsanto Park
200 Sugarhouse Road, Luling, LA



Schedule

8:15 a.m. - 8:45 a.m.	Registration
8:45 a.m. - 9:00 a.m.	Morning Assembly
9:00 a.m. - 11:45 a.m.	Rotations
11:45 a.m. - 12:00 noon	Leadership Session

Activities

S.E.T. (Science, Engineering, & Technology) FUNshop
 Shooting Sports (Archery) FUNshop
 Gardening FUNshop
 Healthy Living FUNshop
 Theatre Arts FUNshop
 Citizenship / Leadership Session

FUNshops

The first five FUNshops will be offered on a rotational basis with 30 minutes for each session. Members will be split into groups, and each group will rotate every 30 minutes. Therefore, everyone will be able to attend all FUNshops.

S.E.T. FUNshop - Learn more about the 4-H Science, Engineering, and Technology program by participating in fun science experiments.

Shooting Sports FUNshop - Learn about the 4-H Shooting Sports program by participating in an archery workshop. You will learn the parts of a bow, types of arrows, proper shooting form and safety. Members will shoot Recurve bows.

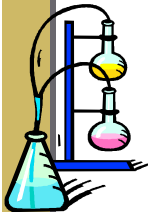
Gardening FUNshop - Learn about gardening by participating in a hands-on team pumpkin decorating project!

Healthy Living FUNshop - Learn about 4-H cookery and demonstration contests by learning how to make a healthy and nutritious snack!

Theatre Arts FUNshop - Learn more about the 4-H PAC (Performing Arts Club) and the theatre arts project by participating in this entertaining workshop. Learn to work as a team while showing off your unique talents!

Citizenship / Leadership Session

After participating in the FUNshops, all groups will meet together to participate in teambuilding leadership activities. Participants will learn about the state service-learning project as well as how to work as a team when they compete in teambuilding games!



PARENT INFORMATION:

1. Please notice that Fun Day is held at Monsanto Park in Luling. All members should be registered by 8:45 a.m.
2. An adult must sign in and sign out all 4-H members. Parents and families are encouraged and more than welcome to stay for the entire event!
3. You may want to give your child \$3.00 - \$7.00 as 4-H memorabilia and snacks will be sold at the event.



on



Stay updated on upcoming St. Charles Parish 4-H events by liking us on Facebook!

Search for "St. Charles Parish 4-H" in your search menu through your Facebook account. By searching "St. Charles Parish 4-H," you will see the results screen to the right.

Click on the button.

After you "Like" the page, it will show up on your profile under the "Activities and Interests" section under "Info."



4-H Fashion Club



Learn how to sew by becoming part of the St. Charles 4-H Fashion Club! Participate in sewing workshops, field trips, and more! Be on the lookout for sewing workshop opportunities in the monthly newsletters. Come one, come all! Bring a friend, and have fun learning to sew fashionable projects!

Learn to sew by HAND!

- **Date:** Saturday, November 5, 2011
- **Time:** 9:00 a.m. - 3:00 p.m.
- **Place:** St. Charles 4-H Office
1313 Paul Maillard Road, Suite E in Luling
(Located on the right in the CVS Shopping Center)
- **For:** Elementary, Middle, & High School Students
(Parents / Guardians are welcome to attend!)
- **Purpose:** Learn to thread a needle, sew a button, and sew by hand. You will make a snowman ornament and participate in a hands-on antique sewing machine exhibit.
- **Register by:** 3:00 p.m. on Thursday, November 3, 2011, by calling 985-785-4473.
- **What to Bring:**
 - \$5.00 fee (to cover supplies and lunch)

If you cannot attend this workshop, there will be another Hand Sewing workshop held on Wednesday, November 9, 2011, from 5:00 p.m. - 7:00 p.m. at the East Bank Regional Library. Please call ahead to register.

SEWING FIELD TRIP

This field trip is for any 4-H members (4th - 12th grade) and parents who are interested in learning more about selecting patterns and material. 4-H members are asked to **meet at Jo-Ann's Fabrics and Crafts** located at 7000 Veterans Memorial Blvd., Metairie, La. at **10:00 a.m. on Saturday, November 12, 2011**. Sewing Project Leaders will assist anyone needing help in selecting patterns and fabric. They will also explain information on the back of patterns. 4-H members should be prepared to select fabric, patterns, and notions (accessories) for their 4-H Sewing projects for the year. Please bring money for purchasing items. Parents are encouraged to stay to assist their child(ren) in selecting items. Please call the 4-H Office at 985-785-4473 by 3:00 p.m. on Thursday, November 10, 2011, to let us know that you will be attending or for any questions.



4-H Junior Leaders

It's never too late to become part of the 4-H Junior Leader Team! We're GROWING NEW LEADERS every day!

The 4-H Junior Leadership Club is for 7th - 12th graders. Members assist at 4-H activities by conducting FUNshops and serving as Group Leaders. They also plan and conduct fundraisers, socials, and service activities throughout the year.

If you're interested in learning more about becoming a 4-H Junior Leader, contact Mrs. Kali Zammit or receive information about upcoming meeting dates by liking the **St. Charles Parish 4-H** Fan Page on Facebook.



Join the PAC! St. Charles 4-H Performing Arts Club

Do you enjoy playing music, singing, dancing, or acting? Then, the St. Charles Parish 4-H Performing Arts Club may be for **YOU!** The 4-H PAC members bring their ideas together and plan, rehearse, and perform at 4-H events throughout the year. They also participate in service project performances throughout the community. So, join in on the fun by attending the next meeting to learn more about becoming part of the 4-H PAC! Invite a friend along too!

- ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
- ★ To learn more about the 4-H PAC, please ★
- ★ come to the first informational meeting on ★
- ★ Wednesday, October 19, 2011, ★
- ★ at the West Regional Library in the large ★
- ★ meeting room on the 2nd floor ★
- ★ at 105 Lakewood Drive in Luling ★
- ★ from 6:00 p.m. - 7:00 p.m. ★
- ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

For more information, contact Kali Zammit at 985-785-4473 or on Facebook at www.facebook.com/stcharles4H.



LAST CALL for Livestock!

If you would like to raise broiler chicks, you must contact Mr. Rene' Schmit by Monday, October 17, 2011. If you have plans to raise and show pigs for the District and State Livestock Shows, please contact Mr. Schmit as soon as possible.

Mr. Schmit will be working with youth through the Livestock Program in St. Charles Parish. Please contact County Agent, Mr. Rene' Schmit to discuss the rules and regulations for these projects at 985-785-4473 or via e-mail at rschmit@agcenter.lsu.edu. Registration deadlines are approaching soon!



Please contact 4-H Agent for ALL rules, applications, and more information.

4-H Opportunity	Date / Location	Grade / Age	Requirements	Purpose	Basic Cost	# selected	Due Date
4-H Regional Challenge Camp	November 1 - 3, 2011; Tickfaw State Park	7th—8th grade	Complete and submit application to St. Charles 4-H Office	To enhance team-building skills among middle school youth	\$40.00	10-20 members	Friday, October 14, 2011
Citizenship Washington Focus	June 10 - 16, 2012, Washington, D. C.	14 years old by January 1, 2012	Complete and submit application to St. Charles 4-H Office	To enhance citizenship skills and participate in projects and tour Washington, D. C.,	None	2 members	Friday, November 4, 2011
State 4-H Fashion Camp	January 21 - 22, 2011; Grant Walker Educational Center, Pollock, La.	4th - 7th grade	Complete and submit application to St. Charles 4-H Office	To increase and enhance sewing skills	\$45.00	2 members	Friday, November 4, 2011
2011 Louisiana Connections	December 9 - 11, 2011; Grant Walker Educational Center, Pollock, La.	7th - 9th grade	Complete and submit application to St. Charles 4-H Office	To participate in workshops that connect to Louisiana's richest traditions and cultures	\$50.00	N/A	Friday, November 4, 2011

CLUB CHALLENGE:

Club Contests

Show your 4-H Club Spirit by participating in the St.

Charles Parish 4-H Club T-shirt Contest.

Decide on a t-shirt design and have your club members order and wear their 4-H shirts to various 4-H Club and Activity Days! All Clubs participating in this contest will be asked to wear their school's 4-H Club T-Shirt at Achievement Day in April or May, where all shirts will be judged! Club t-shirts will be judged based on originality, use of the 4-H clover, use of school club name, and creative theme. (Check with your Leader or 4-H Agent for correct use of the 4-H Clover.)

Be proud and show off what you do in 4-H!!!

We want to hear about all the GREAT things that you do in your 4-H club throughout the year. All 4-H club members and club Reporters can help by taking pictures, cutting out newsletters with members' pictures and names, and writing and cutting out newspaper articles on your club's activities. Help your 4-H Reporter to make a Club Scrap Book, which you will submit at Achievement Day in April or May. Each Club Scrapbook will be judged on originality, neatness, and coverage of 4-H events (including photographs, newsletters, news articles, etc.).

Get involved in Service-Learning!

What is service-learning? Service-learning is organized service experiences that meet real community needs! This year's statewide service learning project focus is: **Animals!**

The State 4-H Citizenship Board selected a service focus on animals for the upcoming year. The idea is that each parish would assess their needs and build a service-learning project that provides service to animals and animal shelters. The service-learning process is as follows:

- 1. Identify a need** - Identify a need in the community.
- 2. Planning and Preparing** - Plan and prepare to do a project to address the need.
- 3. Meaningful service experience** - Do the project and experience serving others!
- 4. Observation** - Observe what happened during the project.
- 5. Problem-Solving** - Identify how the club solved a community need.
- 6. Evaluation** - Reflect on what worked and what did not work. Discuss what you could have done differently and plan for future projects.
- 7. Celebration** - Celebrate! You should feel good about serving your community, so be sure to celebrate your achievement!

CLUB CHALLENGE:

Each club is encouraged to complete a service-learning project this year. All clubs who participate in a service-learning project will be recognized and rewarded at Achievement Day!

Nutrition Niche

Health and Fitness

Do you have trouble eating your daily recommended serving of fruit? Be creative by adding fruit to a traditional meal for extra nutrition!

Peanut Butter 'N Fruit-Wich Recipe:

Ingredients:

2 slices of whole-wheat bread
8 teaspoons peanut butter
Fruit (Examples: apples, bananas, strawberries, or pears)

Directions: Lightly toast two slices of bread (optional). Spread 4 teaspoons of peanut butter on one side of each slice of bread. Cut your fruit into thin slices and place between two slices of bread. Finally, enjoy your sandwich with a nice glass of cold low-fat or fat-free milk!



Fitness is more fun with family and friends! Plan time for you and a friend or family member to have fun with fitness together! Here are some ideas of fitness activities you can enjoy:

- Walk or hike together
- Wash the car
- Make up a new dance
- Weed the garden
- Ride bikes
- Jump rope
- Play sports (kickball, soccer, football, baseball, basketball, tennis, etc.)

St. Charles 4-H Office

Location:

1313 Paul Maillard Road, Suite E
Luling, LA 70070

Mailing Address:

PO Box 1766
Luling, LA 70070

Phone: 985-785-4473

Fax: 985-785-4475

E-mail: Kali Zammit at

kzammit@agcenter.lsu.edu

Websites:

www.lsuagcenter.com/stcharles

www.facebook.com/stcharles4H

