



COOPERATIVE EXTENSION SERVICE

St. Charles Parish
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Research & Extension Programs

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

Upcoming Events:

February 2012

- 1-3 Southeast District 4-H Livestock Show
- 7 4-H Junior Leader Meeting
- 10 4-H Night with the New Orleans Hornets
- 11 4-H Archery Contest
- 11-18 State Livestock Show
- 17 4-H State Scholarships due
- 25 Day of Fashion

March 2012

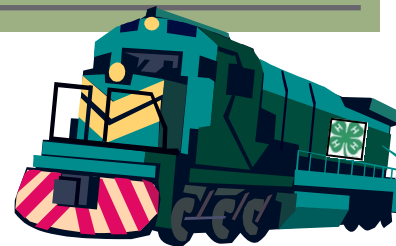
- 2 Painting By-You 4-H Junior Leader Fundraiser
- 6 4-H Junior Leader Meeting
- 8 Food Demonstration and Safety Workshop
- 9-11 State 4-H Junior Leadership Conference
- 17-18 State 4-H Food and Fitness Camp
- 17 4-H Contest Day
- 20, 22 St. Charles Has Talent Show Auditions
- 23 4-H Record Books due
- 24-29 National 4-H Conference
- 30 - Southern Regional Shooting Sports Competition
- Apr. 1
- 31 United Way Bridge Run



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

St. Charles Parish

4-H River Express



Volume 4, Issue 5

February 2012

GET INVOLVED with 4-H TODAY!

The new year is well on its way and spring is just around the corner. Take this opportunity to get involved and participate in a few of the upcoming activities. You may want to learn how to sing and dance or how to cook a poultry dish. You may want to learn how to be more organized by completing your 4-H portfolio. You may want to learn how to paint by coming

to the 4-H Junior Leader Painting By-You Fundraiser. Either way, be sure to get involved today! The more you put into it, the more you get out of it!

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

St. Charles 4-H Performing Arts Club Schedule

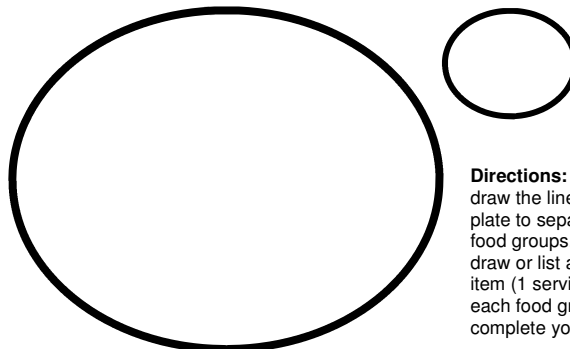
All St. Charles Parish 4-H Members are invited to join the 4-H PAC. Please see the schedule below for upcoming rehearsals.

Date	Time	Group	Location
Saturday, February 11, 2012	1:00 p.m. - 3:00 p.m.	Dancers / Singers	St. Charles 4-H Office 1313 Paul Maillard Rd., Suite E in Luling
Thursday, February 23, 2012	6:30 p.m. - 8:30 p.m.	Entire Group	St. Charles 4-H Office 1313 Paul Maillard Rd., Suite E in Luling
Friday, February 24, 2012	6:30 p.m. - 8:30 p.m.	Entire Group	St. Charles 4-H Office 1313 Paul Maillard Rd., Suite E in Luling
Tuesday, February 28, 2012	6:30 p.m. - 8:30 p.m.	*Mandatory for Entire Group	St. Charles 4-H Office 1313 Paul Maillard Rd., Suite E in Luling
Saturday, March 10, 2012	9:00 a.m. - 1:00 p.m.	Entire Group	East Bank Regional Library 160 West Campus Drive in Destrehan
Wednesday, March 14, 2012	6:30 p.m. - 8:30 p.m.	Actors / Singers	East Bank Regional Library 160 West Campus Drive in Destrehan

4-H Activity Challenge

Choosing MyPlate!

Choose MyPlate. MyPlate is the newest version of the food guide pyramid. When eating daily meals, the USDA recommends that you use MyPlate as a guide for eating healthy. Use the diagram to the left to create your own plate of healthy options.



Directions: First draw the lines on the plate to separate the food groups. Then, draw or list a food item (1 serving) for each food group to complete your meal.

Resource: www.choosemyplate.gov

ARCHERY CONTEST

Saturday, February 11, 2012

Time: 9:00 a.m. - 11:00 a.m.

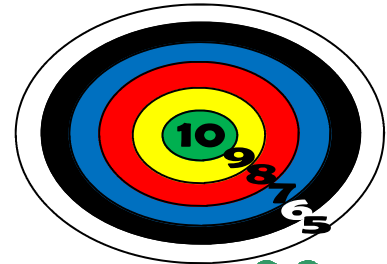
Location: St. Charles 4-H Office located at
1313 Paul Maillard Road, Suite E in Luling
(to the right in the CVS Shopping Center)

Contest Information:

- ⇒ All 4-H members are invited to attend.
- ⇒ Prizes will be awarded to all participants.
- ⇒ The St. Charles 4-H Foundation will help to fund some costs to qualified participants to attend the Regional Shooting Sports Competition in Lake Charles on March 30, 2012 - April 1, 2012.
- Members must score at least 50% of the possible points to be considered a qualified participant.
- ⇒ For questions, please contact the 4-H office at 985-785-4473.



Learn how to score:



Any 4-H member interested in competing in the Regional Shooting Sports Competition should contact the St. Charles 4-H office at 985-785-4473 by Friday, Feb. 10, 2012, to receive information about registration and future training sessions.



Record Books due SOON!



A record book is a combination of your project book and your 4-H portfolio. Please remember that your record books are due on **Friday, March 23, 2012**, to your 4-H Leader. By completing your project books and portfolio, you have a better chance to attend the following trips: Parish Challenge Camp, Educational Awards Trip, and 4-H Summer Camp or LOST Camp. All 4-H members will receive a 4-H portfolio this month. Here are some tips to remember when filling out your portfolio:

- ◆ **Section 1: Personal Data:** Fill out all of the information on the first page. Your 4-H Leader is your school club leader. Your 4-H Agent (Mrs. Kali) will sign your form when she picks up all 4-H record books from your school.
- ◆ **Section 1: 4-H and You:** Answer all of the questions. We love hearing what you like and what you learned in 4-H this year!
- ◆ **Section 2: 4-H Leadership:** List any activity where you demonstrated leadership in 4-H this year. This may include being an officer or committee chair, presenting a presentation at a club meeting, or leading the 4-H or American pledge. (This must include only 4-H activities.)
- ◆ **Section 3: Citizenship/Community Service:** List any community service that you did through 4-H this year. This may include donating toys or canned goods, participating in a Trash Bash, or planting a plant. (This must include only 4-H activities.)
- ◆ **Section 4: 4-H Awards and Recognition:** List any award that you received in 4-H this year. This may include ribbons, certificates, or prizes for answering the question of the month. (This must include only 4-H awards or recognition in 4-H.)
- ◆ **Section 5: Non-4-H Experiences - Leadership:** List any leadership activities that you did outside of 4-H this year. This may include being an officer of another club, being involved in a church, choir, or band group, or organizing community service projects.
- ◆ **Section 5: Non-4-H Awards and Recognition:** List any awards or recognition that you received outside of 4-H this year. This may include honor roll, student of the month, placing in a sports tournament, or being selected to an honor choir or honor band.
- ◆ **Section 6: My 4-H Story:** We want to hear about your experiences in 4-H. Please write about what you did and what you learned this year in 4-H. Include the 4-H activities that you attended.
- ◆ **Section 7: 4-H Photos and Supporting Materials:** Add photos of you participating in 4-H activities. Include your name or picture in the newsletters by going to www.lsuagcenter.com/stcharles and printing a newsletter. Include pictures of you with your 4-H awards.
- ◆ **Section 8: Above and Beyond:** List anything that you did above and beyond what your project book told you to do. This may include teaching someone how to do an activity that you learned from your project book, interviewing someone in the field of your project book, or doing research, visiting a place, or doing a community service on your project book's topic.



To be more organized, punch holes in your project book and put it in a binder or Record Book cover. The 4-H Agents will sell 4-H Record Book covers at the March meeting for \$2.00.

★ 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
State 4-H Senior Scholarships	N/A	12th grade; graduating seniors	Complete and submit application to St. Charles 4-H Office	To be recognized for outstanding achievement in high school and 4-H career	N/A	Over 20 scholarships statewide	Friday, February 17, 2012
2013 National 4-H Conference	April 6-11, 2013; National 4-H Center in Chevy Chase, Maryland	10th grade (Junior of 2013)	Complete and submit application to St. Charles 4-H Office; If selected, you must serve on a 4-H State Board.	To serve as an ambassador for Louisiana 4-H and implement new state programs	Spending money for conference; some fees are required for serving on a State 4-H	4 delegates in Louisiana	Friday, March 2, 2012

St. Charles 4-H in ACTION



Home School Community Club Members won 4-H Service-Learning Grant to visit the New Orleans Children's Museum



4-H Junior Leaders have fun bowling at January meeting & social



St. Rose Elementary 4-H'ers conduct research for their Pet Service-Learning Project



4-H Junior Leaders distribute free trees to celebrate Louisiana's Arbor Day at the Farmer's Market



Emily Blanchard and Sara Ayala attended 4-H State Fashion Camp in January

Nutrition Niche

Health and Fitness



Did you know that there are ways that you can be healthy when eating fast-food? Here are some recommendations to a healthier fast-food option:

- Ask for water instead of sugary drinks.
- Ask for whole-wheat bread for sandwiches.
- Ask for salad dressing on the side and only use as much as you need.
- Choose main dishes that include vegetables.
- Order an item from the menu instead of heading for the "all you can eat" buffet.
- Order an appetizer or kid's size instead of a main entrée.
- Resist cleaning your plate! When you've eaten enough, leave the rest.

Did you know that you should exercise at least 60 minutes every day? You should also have a variety of vigorous and muscle-strengthening activities in your weekly physical activity plan. Here are a few safe ways to begin exercising:

- Start slowly and build up.
- Learn about activities that are right for you.
- Choose activities right for your fitness level.
- Use the right safety gear and equipment.
- Choose a safe place to do your activity.

Resource: www.choosemyplate.gov

St. Charles 4-H Office

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PO Box 1766
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www.lsuagcenter.com/stcharles
www.facebook.com/stcharles4H

