



ST. JOHN THE BAPTIST 4-H CLOVER CHRONICLE

CALENDAR OF EVENTS

FEBRUARY 2023 EDITION

February

- 2-3:** Southeast District Livestock Show
- 10:** Beef Poster Submissions Due
- 10:** Dairy Billboard Submissions Due
- 10:** Senior Honor Cords Application Due
- 10:** JLC Registration Due
- 11-18:** State Livestock Show, Gonzales, LA
- 17:** 4-H Shirt Orders Due
- 21:** Mardi Gras – 4-H Office Closed
- 24:** Mental Health Retreat Registration Due
- 24:** 4-H Scholarship Due
- 24:** Achievement Entries Due
- 28:** Louisiana 4-H Food Challenge Registration Due

March

- 2-4:** Southern University Livestock Show
- 3:** Garden Contest Registration Due
- 3:** Projects Books Due
- 3:** 4-H at Vet School Day Registration Due
- 3:** 4-H College of Ag Day Registration Due
- 3:** Visual Arts Submissions Due
- 3:** Spring Cookery Contest Registration Due
- 3:** 2023-24 Theme Contest Submissions Due
- 3:** Golden Clover Award Application Due
- 3:** Emerald Achievement Award Due
- 9-11:** Junior Leadership Conference

*"Promise me you'll always remember: you're braver than you believe,
stronger than you seem, and smarter than you think."*

-Christopher Robin

CONGRATULATIONS & BEST OF LUCK

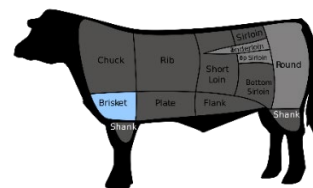
Join us in congratulating Sarai G. (ESJP) and Bobbi-Shanae J. (STEM) for being selected to represent St. John Parish at this year's Citizenship Washington Focus program in Washington, D.C., this summer.

Best of luck to our livestock exhibitor Caleigh R. (St. Charles Catholic) at the LSU AgCenter State 4-H/FFA Livestock Show in Gonzales, LA.

Congratulations
Good Luck!

BEEF POSTER CONTEST

Louisiana 4-H is hosting the 2022 Louisiana Beef Industry Council Beef Poster Contest. This contest encourages youth to learn more about the beef industry while promoting the beef industry, products, and nutrition.



This contest is open to all 4-H'ers, 4th-12th grades. Only "22x28" poster boards or digital submissions will be accepted for this contest. All posters must use the theme **Beef: A Sustainable Choice** and be the 4-H members' original work using resources wisely.

Posters and digital designs should generate positive images and promotion of beef (not live cattle production) **using the indicated theme**. Posters should promote beef without projecting negative messages toward other agricultural commodities (chicken, pork, etc.).

Divisions:

- Division I: 4th – 6th grade
- Division II: 7th – 9th grade
- Division III: 10th – 12th grade
- Division Digital – Open division. All grades will compete together

The deadline to submit all posters is February 10, 2023

For more contest rules, visit

<https://www.lsuagcenter.com/articles/page1611516610304> or scan the QR Code



10: 4-H Summer Camp
Initial Deposit &
Registration Due
11-19: Southern
Regional Shooting
Sports Match
17: Achievement Day
21: National Ag Day
25: Spring Cookery
Contest
29: 4-H Advisory Council
Meeting

April

TBD: 4-H Camp
Counselor Training
TBD: Edible Book Contest
Submissions Due
7: Second 4-H Camp
Payment Due
12: 4-H College of Ag Day
13: 4-H Vet School Day
25: LA4H Food Challenge
28: 4-H University Initial
Deposit and
Registration Form Due

May

9: SE Region Culinary
Arts Contest
10: 4-H Foundation
Meeting
15: Final Payment for 4-H
Camp
15: 4-H Camp Parent &
Camper Meeting
26: 4-H University Final
Payment Due

June

12-15: 4-H Summer
Camp
20-23: 4-H University
25-30: Citizenship
Washington Focus

Stay Connected with 4-H on Social Media

Facebook:

@stjohnparish4h

Instagram:

@st.john4h

Twitter:

@stjohn4h

DRAW-A-DAIRY BILLBOARD CONTEST



Louisiana 4-H is hosting the 2023 Draw-A-Dairy Billboard Contest. This contest encourages youth to learn more about milk and milk products and their importance to healthy bodies. Through creative and original thinking, participants will develop a visual form of marketing communication to convey thoughts and ideas.

Open to 4-H members in grades 4th – 12th, youth will be placed within their respective division based on their grade level. Posters must be on a 22" x 28" regular poster board **ONLY**. No digital submission is allowed!

The deadline to submit your poster is February 10, 2023

For more contest rules, visit

<https://lsuagcenter.com/articles/page1670300055198> or scan the
QR Code



SENIOR HONOR CORDS

Graduating seniors, apply to receive a 4-H Honor Cord that you can wear during your commencement! To receive an honor cord, you must meet the following requirements:

- Be an enrolled 4-H member and in good standing
- Must be a graduating senior
- Must have been enrolled in 4-H for at least 3 years of your high school career
- Must have participated in at least one state-sponsored 4-H program in the past 3 years or demonstrated exemplary parish-level program involvement.
- **Must complete the online application by Friday, February 10, 2023.**

Access the online application at

<https://bit.ly/3832TLd>



JUNIOR LEADERSHIP CONFERENCE (JLC)

Glow Your Leadership by attending the 2023 Junior Leadership Conference held at Camp Grant Walker in Pollock, LA. This conference is for **4-H'ers 14 years old and older**. JLC is a one-night conference planned and executed by the Louisiana 4-H State Executive Board. Participants can enhance their leadership, communication, and team-building skills in a fun environment. With two (2) sessions being offered, youth can select which session they would like to attend (**Mar. 9-10 or Mar. 10-11**). The cost to attend is **\$35**,

Contact Us

St. John the Baptist Parish 4-H
Xavier Bell – 4-H Agent
151 East 3rd St.
P.O. Box 250
Edgard, LA 70049
Office: 985-497-3261
Fax: 985-497-3409
Email: xbell@agcenter.lsu.edu
Website:
www.lsuagcenter.com/stjohn4h

The LSU AgCenter and LSU provide equal opportunities in employment and programs. Should you need an ADA accommodation, please get in touch with the St. John 4-H Office at least two weeks before the event.



and the youth will be responsible for getting to and from the conference.
The deadline to register is Feb. 10, 2023.

To register for the event, visit
https://lsu.qualtrics.com/jfe/form/SV_bdSNRwgMM0nCUBw or scan
the QR Code.



ST. JOHN 4-H SPIRIT SHIRT SALE

Show your 4-H spirit by purchasing a St. John 4-H spirit shirt! The shirts will be **WHITE** with **BLACK and GREEN** wording. Shirts will only be available in short sleeves. This shirt will be great for those who plan to attend 4-H Summer Camp, 4-H University, or any statewide or national 4-H event. The deadline to submit your order form is **Friday, February 17, 2023**. The order form is attached to this newsletter.



If you would like to pay using a debit/credit card, please complete the online order form using the following link

https://lsu.qualtrics.com/jfe/form/SV_1yPuUfWofDS89W6 or scan
the QR Code. Please know that a 2.9% + 30 cent transaction fee will be applied.



GOLDEN CLOVER AWARD

Are you 14 years old or younger as of January 1, 2023? Consider applying for the 4-H Golden Clover Award! 4-H members who apply must have at least two (2) years of 4-H Club work, including this year, and score at least 250 points on the application scorecard. 4-H members can only win this award once.

The deadline to submit your application to the 4-H Office is **Mar. 3, 2023**

For more information, visit
https://lsuagcenter.com/portals/our_offices/parishes/st%20john/features/4-h/awards or scan the below QR Code.



EMERALD ACHIEVEMENT AWARD

Are you 15 years old or older as of January 1, 2023? Consider applying for the 4-H Emerald Achievement Award! 4-H members who apply must have at least three (3) years of 4-H Club work, including this year, have completed one (1) year of active Jr. Leader work, excluded this year, and scored at

least 360 points on the application scorecard. 4-H members can only win this award once.

The deadline to submit your application to the 4-H Office is **Mar. 3, 2023**

For more information, visit

https://lsuagcenter.com/portals/our_offices/parishes/st%20john/features/4-h/awards or scan the below QR Code.



LOUISIANA 4-H MENTAL HEALTH RETREAT



Calling all superheroes in training! Join the Louisiana 4-H Citizenship Board on a top-secret mission to conquer your inner villains. Journey through the valleys and mountains of feelings – the highs of joy, the lows of sadness, the raging rivers of anger, and much more.

This retreat is open to 4-H members in **grades 6th through 8th** and will take place **Wednesday, April 5, 2023**, in Port Allen, LA. The cost to attend is \$10. If you are interested in participating, contact Mr. Xavier by **February 24, 2023**. Transportation will be provided but is limited and given on a first-come-first-serve basis.

To register for the event, visit

https://lsu.qualtrics.com/jfe/form/SV_eEdC1fOjc5q5H94 or scan the following QR Code.



2023 4-H-RELATED SCHOLARSHIPS

College can be expensive, and 4-H would like to assist youth involved in its program to continue their education. St. John 4-H has **two (2) scholarships** that can be awarded to a graduating senior, the Scott Truck & Tractor Scholarship and the Louisiana State 4-H Scholarship.



The Scott Foundation, over the past 32 years, has awarded scholarships in 75 parishes and counties in Louisiana and Arkansas. The Scott Truck & Tractor Scholarship can be awarded up to \$500 depending on the number of applications submitted. 4-H offers a wide array of activities, and this scholarship can be awarded to any eligible 4-H member.

There are several scholarships within the Louisiana 4-H scholarship, but applicants need all signatures on the application, transcript of grades, copy of ACT/SAT scores and a letter of recommendation from the academic advisor on school letterhead.

The deadline to submit your applications to the 4-H Office is **Friday, Feb. 24, 2023.**

For applications, visit
<https://lsuagcenter.com/articles/page1672937796537> and scan the
QR code.



2023 4-H ACHIEVEMENT DAY

The 2023 St. John 4-H Achievement Day will take place Friday, March 17, 2023, at East St. John High School. All 4 H club members from across the parish will convene for a fun-filled day of friendly competition and recognition. Only those 4-H members who have completed their enrollment in 4-H Online will be allowed to attend Achievement Day.

4-H Club Leaders must complete the Achievement Day Registration Form and submit it to the 4-H Office by **Friday, February 24, 2023**. Forms can be emailed, mailed, or hand-delivered to the 4-H Office or during your February club meeting.

For those 4-H'ers who are members-at-large or the school does not have a 4-H Club, don't hesitate to contact the 4-H Office to let us know you will attend by **Friday, February 24, 2023**.

LOUISIANA 4-H FOOD CHALLENGE



The Louisiana 4-H Food Challenge competition challenges teams of 4-H members to create a dish using only a key ingredient and access to a "grocery store" of other ingredients. From the ingredients, team members are challenged to create a

healthy dish while practicing proper food safety, preparation, and communication skills. Following the dish preparation, teams present to a panel of judges who will further test their culinary and nutrition knowledge with a question-and-answer segment.

STATE CONTEST DATE & LOCATION:

Wednesday, April 25, 2023 – State Evacuation Shelter, Alexandria, LA

AGE DIVISIONS:

- Division 1: 4th-6th graders
- Division 2: 7th-8th graders
- Division 3: 9th-12th graders

CONTEST ELIGIBILITY:

- St. John Parish 4-H is permitted to enter TWO (2) TEAMS PER DIVISION
- Must be an enrolled 4-H member
- Each team must consist of 3-4 members

4-H members must complete the interest form online by **Tuesday, February 28, 2023**.

For more information, visit our website at
<https://www.lsuagcenter.com/articles/page1643406458931> or scan
the QR Code.



4-H GARDENING CONTEST

4-H'ers put your gardening tools to the test and participate in the 4-H Gardening Contest. This is a fun opportunity to grow your own produce and learn about the process.



Rules

1. Garden must be worked primarily by 4-H members. Adults may assist with spading, rototilling, and control for insects and disease problems.
2. Gardens may be individual plots or be connected to a family garden. If connected to a family plot, rows must be marked off (stakes, string, etc.) and maintained by the 4-H member.
3. Gardens may be flat, raised, or container-grown. Gardens with rows should have at least 2 rows that are 4-8 feet long each.
4. Each garden **MUST** have the following four (4) vegetables planted in them: tomatoes, cucumbers, peppers, and beans

Judging will take place in late May/early June. The deadline to register for this contest is **Friday, Mar. 3, 2023**. For more information, visit

<https://lsuagcenter.com/articles/page1674677006060> or scan the

QR Code



PROJECT BOOKS

All 4-H Project Books and Guides are due to the 4-H Office by **Friday, March 3**. Please note that this is not the 4 H Record Book. Those who complete the book or guide will be recognized at Achievement Day. If you did not get one and would like one, don't hesitate to contact the 4-H Office.

4-H VET SCHOOL DAY



Is your dream to one day become a veterinarian? Do you know what it takes to become one? No worries, the St. John 4-H Program is heading to the LSU School of Veterinary Medicine **Thursday, April 13, 2023**, and we would love for you to join us. Participants will be able to interact with doctors, tour the animal hospital, and learn about the various opportunities available should they wish to become a veterinarian. After visiting the Vet School, we will head to the Louisiana Art & Science Museum to engage with interactive art and science galleries. Space for this event is limited! **This opportunity is open to 4th-7th graders and is FREE**. There are a limited number of spots.

The deadline to submit your registration is **Mar. 3, 2023**. For more information, visit

<https://lsuagcenter.com/articles/page1674747461189> or scan the

QR Code



4-H COLLEGE OF AGRICULTURE DAY

It is never too early or too late to begin thinking about plans after graduating high school. Join the St. John 4-H Program for our 4-H College of Agriculture Day is on **Wednesday, April 12, 2023**. Participants will tour the LSU Campus and the LSU Dairy Store, hear from current students and professors, and tour Tiger Stadium on this day. **This opportunity is open to 8th-12th graders and is FREE.** There are a limited number of spots.



The deadline to submit your registration is **Mar. 3, 2023**. For more information, visit

<https://lsuagcenter.com/articles/page1674748498965> or scan the

QR Code.



4-H VISUAL ARTS COMPETITION



Art can come in many different shapes, sizes, and mediums. The St. John the Baptist 4-H Visual Arts Competition aims to promote the 4-H Arts Program and allow 4-H'ers to display their artistic abilities. From traditional paintings to scrapbooking, this contest allows you to showcase your artistic skills. A 4-H member can submit only one (1) piece.

The deadline to submit your artwork is **Mar. 3, 2023**. Awards for this contest will be given during 4-H Achievement Day.

For more information, visit

<https://lsuagcenter.com/articles/page1674762139410> or scan the

QR Code.



SPRING COOKERY CONTEST



Calling all inspired chefs! Participate in the Spring Cookery Contest. This contest will feature **Beef, Egg, Louisiana Commodities, Poultry, Seafood, and Wild Game**. The Cookery Contest will take place at the St. John 4-H Office. Dishes can be dropped off at **between 9:30 a.m. and 10:30 a.m. on Saturday, Mar. 25**, as judging will begin at 10:30 a.m.

This contest is open to both 4-H members and Cloverbud members. Members must follow the following rules, or they will be disqualified.

1. Members can only submit one dish per category.

2. Dishes must be transported to the contest on ice and in an ice chest.
3. Non-edible items are not to be presented as part of the dishes or as garnish. Only edible items can be used as a garnish.

Commodities and Categories

- Beef – Ground Beef
- Beef – Any Other Beef Cuts
- Egg – Appetizer/Salad
- Egg – Main Dish
- Egg – Dessert
- Louisiana Commodities – Pecan
- Louisiana Commodities – Rice
- Louisiana Commodities – Sweet Potato
- Poultry – Chicken
- Poultry – Turkey
- Seafood – Crab
- Seafood – Crawfish
- Seafood – Shrimp
- Seafood – Other LA Seafood
- Wild Game – Deer
- Wild Game – Fowl
- Wild Game – Other Game

The deadline to submit your registration is **Mar. 3, 2023**. For more information, visit

<https://lsuagcenter.com/articles/page1674759609015> or scan the QR Code.



2023-2024 THEME CONTEST

What's a good theme for the 2023-2024 4-H year? Send us your most creative ideas for a slogan – in seven (7) words or less. Illustrations must accompany the phrase and will be part of the contest. The winning slogan will be brief and "catchy," capturing the spirit of St. John the Baptist Parish 4-H. The slogan will be used throughout the 2023-2024 program year on advertisements, shirts, newsletters, and more.

The winning theme will be announced at 4-H Achievement Day, and the winner will be to attend either 4-H Summer Camp, 4-H Challenge Camp, LOST Camp, or 4-H University at a discount price, which is determined by each camp as the price varies.

The deadline to submit your registration is **Mar. 3, 2023**. For more information, visit

<https://lsuagcenter.com/articles/page1674837496917> or scan the QR Code.



GET HOOKED ON 4-H SUMMER CAMP



The time has come to begin registering for 4-H Summer Camp. The camp will be held **June 12-15, 2023**, and will take place at Camp Grant Walker in Pollock, LA. 4th-6th graders are eligible to attend. 4-H

Camp is a ton of fun! Recreational activities include swimming, canoeing, volleyball, arts & craft, and dancing. Also, campers will participate in one out of seven educational tracks that allow them to learn in a non-traditional environment. The cost for camp this summer is **\$190.00 per camper**. This fee includes lodging, meals, transportation, a parish group picture, and a camp t-shirt. There is a payment schedule established to assist in paying for

camp. Also, two scholarship opportunities are available for those who need financial assistance.

The deadline to submit your initial deposit of **\$90** and the camp registration form is **Mar. 10, 2023**.

For more information, visit

https://lsuagcenter.com/portals/our_offices/parishes/st%20john/features/4-h/camps-events/4h-summer-camp or scan the QR Code.



4-H CAMP COUNSELORS & ADULT VOLUNTEERS' INTEREST

Camp Grant Walker 4-H Educational Center has seen thousands of individuals for over 100 years at 4-H Summer Camp. As we begin the recruiting process for camp this summer, we need individuals to attend camp as Camp Counselors and Adult Volunteers.



Camp Counselors are those who are in grades 9th-12th and serve as role models and assist with camp activities while at 4-H Camp. Adult Volunteers are 18 years of age and older (NOT currently enrolled as a 4-H member) and serve as chaperones and assist with camp activities while at camp.

If you are interested in serving as a camp counselor or adult volunteer, please complete the interest form at

https://lsu.qualtrics.com/jfe/form/SV_cvRYuFqldxpDGYe or scan the QR Code.



EXCEL: 2023 4-H UNIVERSITY



Consider being a part of the St. John 4-H delegation at this year's 4-H University on LSU Campus! 8th through 12th grade 4-H members are eligible to attend. With 34 contests to compete in or participate in Clover College, there is something you for. It is now time to register to participate in this event. 4-H University will take place June 20 – 23, 2023.

The deadline to submit your initial deposit of **\$50** and the registration form is **Apr. 28, 2023**.

For more information regarding contest rules and registration, visit

https://lsuagcenter.com/portals/our_offices/parishes/st%20john/features/4-h/camps-events/4h-university or scan the QR Code.

