



# The Clover Patch

## Celebrating 100 Years of Louisiana 4-H

### DAIRY POSTER CONTEST

Posters due at February club meeting or no later than Feb 25 and **must be** turned in to the 4-H Club Agents.



### LSU JUNIOR LIVESTOCK SHOW

February 14-21, 2009

**GOOD LUCK to all participants!**



### BEEF POSTERS

Due to the 4-H office in Plaquemine no later than March 18<sup>th</sup>. Please see the attached sheet on rules for the contest. Posters have to be on 11"x14" white poster board only!



### RECORD BOOKS

Due to the 4-H office by:

March 19, 2009

No later than 4:30 p.m.



### ATTENTION SENIORS!!!!

Anyone interested in applying for 4-H scholarships must do one of the following: contact the 4-H Office to secure a hard copy or electronic copy, or visit [www.la4hfoundation.org](http://www.la4hfoundation.org). All applications must be submitted to our office no later than 4:30p.m. on March 1, 2009.



### CHALLENGE CAMP

April 15-17, 2009

(7th and 8th graders)

(Applications due February 22<sup>nd</sup>)



### MARK YOUR CALENDARS!!

4-H Summer Camp will be Monday, July 27 to Friday, July 31, 2009. **You must submit your record book or participate in at least 3 4-H events to receive first priority to attend camp.** More details coming very soon!!



### CLUB SAFETY REPORTS

Due at February Club Meeting, or no later than February 29<sup>th</sup>



### 4-H UNIVERSITY SELECTION

ALL 4-H MEMBERS AND PARENTS ARE INVITED ON WEDNESDAY, MARCH 4 TO **ATTEND A MANDATORY** 4-H UNIVERSITY SELECTION MEETING AT THE 4-H OFFICE IN PLAQUEMINE BEGINNING AT 5:30P.M. AGENTS WILL PROVIDE INFORMATION ON THE CONTESTS AND EXPLAIN THE REQUIREMENTS IN ORDER TO ATTEND 4-H U. THE EVENT WILL BE HELD ON JUNE 17-20 ON THE LSU CAMPUS.



### STATE 4-H JUNIOR LEADER CONFERENCE

The State 4-H Junior Leadership Conference will be held March 13-15, 2009 at Camp Grant Walker in Pollock, LA. This year's conference will focus on helping teen leaders improve their skills in team building, communication and service. The conference is open to all Junior Leaders 14 years and older.



### MONTHLY CLUB MEETING AWARDS

Congratulations to the following schools for Outstanding Club Meetings in the month of January.

- 1<sup>st</sup> place: Dorseyville Elementary
- 2<sup>nd</sup> place: St John Elementary/ Middle
- 3<sup>rd</sup> place: White Castle High School



### YOUTH CO-OP LEADERSHIP CONFERENCE

The Youth Co-op Leadership Conference is for 4-H members in 8<sup>th</sup>-12<sup>th</sup> grade. The conference is designed to provide an opportunity to study and learn about the cooperative form of business, and to

enhance teamwork, leadership, and communication skills. The conference will be April 3-5, 2009 at the Grant Walker 4-H Educational Center. Contact the 4-H office by March 10th if you are interested in attending.



### 4-H ACHIEVEMENT DAY THEME CONTEST

Remember 4-H themes for Achievement Day are due on Friday, Feb 27 at the 4-H office. The theme should incorporate Healthy Lifestyles. Clubs will be given \$100 to buy the supplies to decorate the winning theme. The winning team will also be recognized at Achievement Day.



### 4-H MEMBERS RECOGNIZED AT ANNUAL LSU AGCENTER PARISH LIVESTOCK SHOW

4-H members from throughout Iberville Parish participated in the annual LSU AgCenter Parish Livestock Show on Friday, January 16<sup>th</sup> and Saturday, January 17<sup>th</sup>, 2009 at the Mike Zito Multipurpose Facility in Plaquemine. The event was sponsored by the LSU AgCenter in partnership with the Iberville Parish Livestock Boosters Association under the direction of 4-H Agents Shannon Dietz and Ashly Pitre. The LSU AgCenter's office and faculty across Louisiana work to develop successful youth development programs and events such as this for all youth to participate in. Over the years, efforts like this have helped youth from across the state to develop key life skills to be strong leaders and well-rounded individuals for both today and the future.

The highlight of the program on Saturday was the recognition of graduating seniors and scholarship presentations. Two graduating seniors were presented scholarships in the amount of \$325. The first recipient was Ms. Brittany Persick, daughter of Glen and Tanya Persick of Plaquemine. Brittany has been very active and successful



in the goat and swine projects as well as an active Jr. Leader for the parish. Mr. Jarod Pupera, son of Dale and Theresa Purpera of Plaquemine was the second recipient of the scholarship. Jarod was recognized for his project work in the beef and swine projects. On hand to make the scholarship presentations was Mrs. Theresa Purpera, President of the Iberville Livestock Boosters Association.

Other highlights of the day included youth presenting their project animals for competition. Results of the judging are as follows:

**Grand Champion Market Lamb** exhibited by **Alyssa Regira** of St. John 4-H Club. **Reserve Grand Champion Lamb** was exhibited by **Alyssa Regira**. **Champion Lamb Showman** was **Alyssa Regira**. Awards for the lamb division were provided by Syngenta Corporation, Iberville Bank and the Livestock Boosters Association.

**Grand Champion Market Hog** was exhibited by **Ben Ramagos** of White Castle; **Reserve Grand Champion Hog** was exhibited by **Jarod Purpera** of St. John High 4-H. **Champion Swine Showmanship** was presented to **Matt Leleux**, 4-H member at large. Sponsors for the Swine awards were Plaquemine Bank, The Bank of Commerce, White Castle, A. Wilberts and Sons, LLC and the Livestock Boosters Association.

**Grand Champion Market Goat** was exhibited by **Albert Deville** of Crescent Elementary 4H; **Reserve Grand Champion Goat** exhibited by **Katelyn Persick**, 4-H Member at Large. **Champion Goat Showman** was **Brittany Persick**, 4-H Member at Large. Sponsors for the awards came from the Iberville Livestock Boosters Association.

**Overall Champion AOB Goat** – Emma King, Crescent Elementary 4-H **Overall Champion Commercial Doe** – Albert Deville, Crescent Elementary 4-H **Champion Percentage Boer Goat** – Christen Diamond, St. John Middle 4-H **Champion Purebred Boer Goat** – Emily Deville, Plaquemine High 4-H **Champion Beefmaster Bull** – Clayton Easterly, 4-H Member at Large **Champion Beefmaster Heifer** – Jeremiah Molden, Dorseyville Elementary 4-H **Champion Hereford Heifer** – Londyn Kolder, St. John High 4-H **Supreme Champion Bull** – Clayton Easterly, 4-H Member at Large **Supreme Champion Heifer** – Londyn Kolder, St. John High 4-H **Champion Beef Showman** – Dakota Smothers, St. John High 4-H **Champion Duroc Swine** – Emily Deville, Plaquemine High 4-H **Champion Hampshire Swine** – Albert Deville, Crescent Elementary 4-H **Champion Yorkshire Swine** – Ben Ramagos, 4-H Member at Large **Grand Champion Rooster** (Road Island Red) – Christen

Diamond, St. John Middle 4-H **Grand Champion Hen** (Road Island Red) – Christen Diamond, St. John Middle 4-H **Grand Champion Rabbit** – Derek Sanchez, Plaquemine High 4-H.

4-H members participating in the show included: **Lacey Blanchard, Jake Callegan, Gabrielle Deslatte, Albert Deville, Emily Deville, Christen Diamond, Clayton Easterly, Emma King, Londyn Kolder, Matt Leleux, Ty Leleux, Jeremiah Molden, Hunter Monismith, Brittany Persick, Katelyn Persick, Elise Persick, Jarod Purpera, Ben Ramagos, Alyssa Regira, Hunter Roth, Racheal Sandidge and Dakota Smothers.**

Thanks to the following sponsors and supporters who made this event a huge success! Parish President, **Mitchell Ourso, Jr.**; Iberville Parish Sheriff, **Brent Allain**; **Pediatric Associates, Sportsmans Feed and Seed, A. Wilberts and Sons,**



**NUTRITION FACT**

*Score High, and drink what you need!*

Your body needs the right fuel to score high in the class room, on the court, or in the field;

milk is the fuel to give your body and mind its top performance. Nearly half of all bone is formed during the teen years! If your bones are craving calcium, give it to them! If you miss out on it now, your bones may never reach their full potential. Think of bones like a bank account, you can deposit and save to have enough to draw on when you are older. Skip out now and you may not have enough stashed away when you need it most. That could mean you will be more likely to break a hip or have a hunched over appearance or osteoporosis.

Just remember that all milk has just about the same amounts of calcium, the only thing different is the amount of fat. Even Chocolate Milk has the same calcium as regular milk. Juices with added calcium are not the same as milk; milk has 8 other essential nutrients including Vitamin D which helps absorb the calcium.

Three a day is the way! Drink three glasses of milk a day, or switch it up and include some yogurt and cheese. A cup of milk or yogurt has 300 mg of calcium, and 1 ½ ounces of cheese does too. You need about 1,000 mg of calcium every day, so eat at least three a day!

*Recipe:*  
**Fruit Yogurt Parfait**  
 Serving Size: 1 parfait  
 Yield: 1 serving  
**Ingredients:**  
 1/2 cup yogurt, fruit-flavored



- 1/2 medium banana
- 1/2 cup grapes
- 1/4 cup dry crunchy cereal (Grape Nuts or granola cereals are good) **Instructions:**

  1. Peel and slice the banana.
  2. Spoon the grapes into a tall plastic cup.
  3. Put 3 spoonfuls of yogurt on top of the grapes.
  4. Spoon sliced bananas on top of the yogurt.
  5. Add the rest of the yogurt.
  6. Sprinkle the cereal on top

Nutrition Facts	
Serving Size 1 parfait (281g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 340	<b>Calories from Fat</b> 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 69g	<b>23%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 43g	
<b>Protein</b> 11g	
Vitamin A 2%	Vitamin C 25%
Calcium 20%	Iron 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 25g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
	Fat 9 • Carbohydrate 4 • Protein 4



**THE 4-H CLUB PLEDGE**

I Pledge...



My **Head** to clearer thinking



My **Heart** to greater loyalty,



My **Hands** to larger service, and



My **Health** to better living,

for my Club, my Community, my Country, and my World.



*"4-H is a community of young people across America who are learning leadership, citizenship & life skills."*

*Ashly Pitre, Shannon Dietz and Kathy Jones*

*4-H Youth Development Agents*