



  
**The Clover Patch**  
**Celebrating 100 years of**  
**Louisiana 4-H**

**COOPERATIVE EXTENSION SERVICE**  
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**EXTENSION PROGRAMS**  
Agriculture  
Economic/Community  
Development  
Environment/Natural Resources  
Families/Nutrition/Health  
4-H Youth Programs



**JANUARY IS SAFETY MONTH**

We would like all clubs to help promote safety awareness by conducting activities in their clubs, homes and communities.

A \$25.00 cash award will be presented to the club that performs the best Safety Month Campaign. Deadline for leaders to turn in Safety Reports is at the February club meetings. Ideas in the past included the following:

- Organizing a school Safety Patrol
- Fire drills
- After school safety
- Bus evacuation drills
- Poster, essay, poem, bulletin board contests
- Skits and Plays
- News articles
- First aid kits for schools
- Announce safety tips on school PA system
- Seat Belt Safety



**GOOD LUCK...**

To all livestock exhibitors at the upcoming livestock shows. The following 4-H members will be participating in the parish show here in Plaquemine, the district show in Lafayette and the State Livestock show in Gonzales. Those members are as follows: Lacey Blanchard, Jake Callegan, Albert Deville, Emily Deville, Christen Diamond, Paul Easterly, Emma King, Matt LeLeaux, Elise Persick, Katelyn Persick, Brittany Persick, Londyn Kolder, Ty LeLeux, Jeremiah Molden, Jarod Pupera, Ben Ramagos, Alyssa Regira, Racheal Sandidge, Hunter Roth, Hunter Monismith and Dakota Smothers.



**4-H NIGHT WITH THE HORNETS**

Attention all 4-H members, you are invited to attend the annual 4-H Night as the Hornets host the Seattle Supersonics. The game will be held on Friday, February 27, 2009 at the New Orleans Arena. 4-H Members and their families may purchase tickets at a reduced rate of \$22 if you are providing your own transportation. For \$25, tickets and transportation will be provided by the 4-H office. Ticket orders and money must be received by January 22, 2009. Please contact the 4-H office if you are interested in purchasing tickets.



**CHALLENGE CAMP**

Attention all 7<sup>th</sup> & 8<sup>th</sup> grade members, 4-H Challenge Camp will be held on **April 15-17, 2009** at Camp Grant Walker in Pollock, LA.

If you are interested in attending Challenge Camp, please contact your club leader or the 4-H Office for more information, and an application.

(Applications due March 11, 2009 to the 4-H Office. More info to come in the February Clover Patch )



**LIVESTOCK SHOW DATES**



**Iberville Parish Show**  
January 16-17

**Acadiana District Livestock Show**  
February 4- 7

**LSU State Junior Livestock Show**  
February 14- 21



**2009 HONEY BEE ESSAY CONTEST**

This is a state and national contest open to all 4-H members. This year's topic for the essay is "The Dance Language of Bees". State awards are 1<sup>st</sup> place: \$250, 2<sup>nd</sup> place: \$100, and 3<sup>rd</sup> place: \$50. **Due date: Friday, January 30, 4:00 p.m. at the 4-H Office.** For more information call 687-5155.

**4-H ACHIEVEMENT DAY THEME CONTEST**

Your club has the opportunity to be recognized for designing the theme for the 2009 Iberville Parish 4-H Achievement Day. This is a competition that will recognize one 4-H club for designing a theme focused on Healthy Lifestyles!

The rules for the competition are as follows:

1. The theme must be developed by a **team** of 4-H members.
2. Theme must be illustrated on a regular size white poster board of what the stage area would look like promoting 4-H and the Environment.
3. Must have the words 4-H along with the 4-H clover displayed in the theme.
4. The design used for the stage area will also be used for the program and any other decorations used for the day. Please keep away from using electrical and flammable materials.
5. The winning club will be given \$100 dollars to purchase materials to reproduce the winning theme submitted by your club. The winning club will also be responsible for setting up the display the evening before 4-H Achievement Day.
6. On the back of the poster the clubs name should be listed along with all the 4-H member's names who helped design the theme



**A State Partner in the Cooperative Extension System**



### DAIRY POSTER CONTEST

Dairy posters for the Dairy Billboard Contest are due at your **February** club meeting and will be picked up by the 4-H agent. Be creative. Remember, this is the full size poster and no items should be on it. **ALL** posters are due no later than Friday, February 25, 2009.

#### Rules for the contest are:

1. Posters should be 11" x 14" white poster board. **Please do not use foam boards.**
2. Contestant should have their name, school, and grade written on the back of his/her poster.
3. The purpose should be to learn more about beef and/or beef products and their importance to human health.
4. **Do not** attach anything to the poster that is more than 1/2" thick or anything that extends beyond the edges.



### RECORD BOOKS

Record books are due in the 4-H Office by March 19, 4:30 p.m. More details will be made available in the February Clover Patch.



### NUTRITION FACTS

#### Snack Time!

Snacks can be good for us, if we make good choices. Snacking has become a way of life for both adults and children. A recent study reported that over 95 percent of the women and children in this country have at least one snack each day. Kids like you benefit from healthy snacks. If you can't eat enough at meal time to satisfy your hunger and provide all of the nutrients you need, grab a snack! Snacks can provide the additional foods you need.

Many common snack foods are high in fat, sugar and sodium. If these foods are used for snacks frequently, they can affect our health. Some healthy snack ideas are: Raw vegetables served with a low fat dip, fresh fruit, low fat muffins, non-sugared cereals, popcorn, and low-fat yogurt.

Help your parents shop and pick out your own healthy snacks at the store. Plan your snacks throughout the day, and carry with you so you don't get hungry! Try to pick your snacks based on the suggested number of servings in the MyPyramid.

## 2008 COOKIES AND CANDIES

### Division - Any Other Cookie:

**1st Place**, Alexandra Eymard, St John; **2nd Place**, Christen Diamond, St John; **3rd Place**, Jaci Tuilier, St John; **Participation**, Jalen Chatmam, Dorseyville Elem; **Participation**, Kia Dominiques, Dorseyville Elem; **Participation**, DiJon Forest, Iberville Elem; **Participation**, Dewayne Levy, Dorseyville Ele; **Participation**, Breaynn Tuilier, St John

### Division - Chocolate Chip Cookie:

**1st Place**, Michael Robinson, ; **2nd Place**, Lexie McAister, Crescent Elem; **3rd Place**, Kaleb Anderson, Iberville Elem; **Participation**, Dontre Favorite, Dorseyville Elem; **Participation**, Jaminie Fernaden, ; **Participation**, Christopher Foster, Dorseyville Elem; **Participation**, Elise Persick ; **Participation**, Joseph Robinson, Iberville Elem; **Participation**, Megan Seneca, St John; **Participation**, Elysia Williams, Iberville Elem

### Division - Fudge:

**1st Place**, Olivia Ledet, St John; **2nd Place**, Taejah Watkins, Crescent Elem; **3rd Place**, Jesslyn Stetton, Crescent Elem; **Participation**, Brittany Claiborne, Dorseyville Elem; **Participation**, Kejuan Washington, Dorseyville Elem

### Division - Oatmeal Cookie:

**1st Place**, Christen Diamond, St John; **Division - Peanut Butter Cookie: 1st Place**, Christen Diamond, St John; **2nd Place**, Jesslyn Settoon, Crescent Elem; **3rd Place**, Jolin Passantio, St John; **Participation**, Skylar Benoit, St John; **Participation**, Artavia Collins, Dorseyville Ele; **Participation**, Karli David, St John; **Participation**, Olivia Georgetown, Iberville Elem; **Participation**, Kali Lenord, MSA; **Participation**, Tavon Stewart

### Division - Pralines:

**1st Place**, Gentil Nicholas, Dorseyville Elem; **2nd Place**, Jarvarius Asberry, ; **3rd Place**, Ryannisha Jackson, North Iberville; **Participation**, Lexie Bank, ; **Participation**, Karli David, St John; **Participation**, Kesha Foster, Dorseyville ElemPa; **Participation**, Jerhonda George, Iberville Elem; **Participation**, Kali Lenord, MSA; **Participation**, Lexie McAister, Crescent Elem; **Participation**, Omega Scott, Iberville Elem

### Division - Sugar Free:

**1st Place**, Jesslyn Settoon, Crescent Elem



### CHRISTMAS WORKSHOP

The Holiday spirit filled the air as Christmas music played in the background and Iberville Parish 4-H 'ers enjoyed making Christmas ornaments & crafts during the recent Christmas Fun Shops held at St. John Middle and East Iberville Schools. Many 4-H members participated in the Christmas Fun Shop. The 4-H'ers participated by making crafts such as, designing and constructing gingerbread trains, Christmas stockings, reindeer bugs, and snowman ornaments. The crafts constructed may be used as ornaments or Christmas gifts.



## 2008 WINTER FOODS FEST

The 4-H Foods Fest Cookery Contestants learned more about proper handling and preparation by participating in the contest. While the judges were busy, some youth attended the nutrition pyramid posse stations in the gym.

The Cookery participants are as follows:

### EGG-

**Appetizer/Salad-** 1<sup>st</sup> Place- Christen Diamond (SJM)

**Main Dish-** 1<sup>st</sup> Place-Alexandra Eymard (SJM); 2<sup>nd</sup> Place- Christen Diamond (SJM)

**Desserts-** 1<sup>st</sup> Place- Cassidy Bellot (Cresent 4)

### POULTRY-

**Chicken-** 1<sup>st</sup> Place- Jesslyn Settoon, 2<sup>nd</sup> Place- Christopher Foster

**Processed Poultry Products-** 1<sup>st</sup> Place Christen Diamond

### SEAFOOD-

**Crab-** 1<sup>st</sup> Place- Jesslyn Settoon

**Shrimp-** 1<sup>st</sup> Place- Kesha Foster; 2<sup>nd</sup> Place- Chrsiten Diamond

**Fish or Other-** 1<sup>st</sup> Place - Christopher Foster; 2<sup>nd</sup> Place- Jesslyn Settoon

**Crawfish-** 1<sup>st</sup> Place-Kejuan Washington; 2<sup>nd</sup> Place-Karli David; 3<sup>rd</sup> Place- Cassidy Bellot ; Blue Award- Christen Diamond

**BEEF- Quick & Easy-** 1<sup>st</sup> Place-Jesslyn Settoon

**OVERALL WINNERS:**

**Beef-** Jesslyn Settoon, Stuffed Bell Peppers; **Seafood-** Kejuan Washington, Crawfish Dip; **Egg-** Alexandra Eymard, Alligator Sausage and Shrimp Cheesecake; **Poultry-** Jesslyn Settoon, Chicken Braid

### Champion Dish of the Day:

**Alexandra Eymard- St John Middle;**  
**Alligator Sausage and Shrimp Cheesecake**



### BEEF POSTER CONTEST

Beef posters will be due March 18, 2009. There will be no March meeting, so posters must be submitted to the 4-H Office. **Rules for the contest are:**

1. Posters should be 11" x 14" white poster board. **Please do not use foam boards.**
2. Contestant should have their name, school, and grade written on the back of his/her poster.
3. The purpose should be to learn more about beef and/or beef products and their importance to human health.
4. **Do not** attach anything to the poster that is more than 1/2" thick or anything that extends beyond the edges.



Have a Happy and Safe  
New Year in 2009!

Ms. Ashly, Mr. Shannon  
and Ms. Kathy

### A State Partner in the Cooperative Extension System

LSU Agricultural Center is a statewide campus of the LSU System and provides equal opportunities in programs and employment. Louisiana State University and A. & M. College, Louisiana parish governing bodies, Southern University, and United States Department of Agriculture cooperating. Membership and participation in activities and events are open to all citizens without regard to race color, national origin, gender, religion, age, veteran status or disability." If you have a disability that requires special accommodations for you to participate in the meeting/program, please contact the 4-H Office