



# The Clover Patch

## Celebrating 100 Years of Louisiana 4-H

### DAIRY POSTER CONTEST

Posters due at February club meeting or no later than Feb 22 and **must be** turned in to the 4-H Club Agents.



### LSU JUNIOR LIVESTOCK SHOW

February 9-16, 2008

**GOOD LUCK to all participants!**



### BEEF POSTERS

Due to the 4-H office in Plaquemine no later than March 25<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, 2008  
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 19, 2008.



### CHALLENGE CAMP

March 27-29, 2008  
(7th and 8th graders)

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



### MARK YOUR CALENDARS!!

4-H Summer Camp will be Monday, July 21 to Friday, July 25, 2008. **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, FEB 20 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 February 29 – March 2, 2008 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.



### JUNIOR WILDLIFE TOUR

Twelve junior 4-H members from across the state (grades 4-8 and have not passed their 14<sup>th</sup> birthday on January 1, 2008) are selected to participate in this wildlife tour.



Requirements include 4-H records on wildlife/environmental/insect activities including any of the following projects: Discovering 4-H, Creepy Crawlies, Let's Get Growing, Environmental Science, You and Nature, You and Plants, Wildlife, Aquaculture, Insects, Forestry/ Wood, and/or Fur and Trapping.

Records for this competition are due March 19. For more details ask your 4-H leader or call Miss Kim at the 4-H office.



### 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 4-6, 2008 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 22 at the 4-H office. The theme should incorporate "Louisiana 4-H Centennial: Celebrating 100 Years of Developing Youth". Clubs will be given \$100 to buy the supplies to decorate the winning theme. The winning team will also be recognized at Achievement Day.



### IBERVILLE PARISH 4-H LIVESTOCK SHOW CELEBRATES 100 YEARS OF LOUISIANA 4-H



4-H members from throughout Iberville Parish recently competed in the parish livestock show held on January 11<sup>th</sup> and 12<sup>th</sup> at the Mike Zito Center in Plaquemine. The event was sponsored by the LSU AgCenter

under the direction of 4-H Agents Shannon Dietz and Kimberly Jones. The LSU AgCenter's office and faculty across Louisiana work to develop successful youth development programs and events for all youth to participate in. Over the years, efforts have helped youth from all across the state and parish to develop key skills they need to be strong leaders and well-rounded individuals both today and into the future.

On Saturday there was a short program presented recognizing the 100<sup>th</sup> birthday of Louisiana 4-H. The 4-H Program in Louisiana was officially started in 1908 in the town of Moreauville in Avoyelles Parish. Members who participated in the program included: Christen Diamond, Elise Persick, Emily Deville, Lacey Blanchard, Brittany Persick, Katelyn Persick, Alexis Ledet and Dakota Smothers.

**Results of the show are as follows:**

**Market Lambs: Class 1,** Alyssa Regira, St. John Middle School, **1<sup>st</sup> place;** **Class 2,** Alyssa Regira, **1<sup>st</sup> place.** **Grand Champion Lamb** – Alyssa Regira; **Reserve Champion Lamb** – Alyssa Regira. **Champion Lamb Showmanship** – Alyssa Regira.

**Market Swine: Class 1,** Jake Callegan, St. John High School, **1<sup>st</sup> place,** Emily Deville, **2<sup>nd</sup>;** **Class 2,** Ty LeLeux, Member at Large, **1<sup>st</sup> place,** Ben Ramagos, Member at Large, **2<sup>nd</sup> place.** **Class 3,** Albert Deville, Member at Large, **1<sup>st</sup> place;** Jake Callegan, **2<sup>nd</sup> place,** Jake Callegan, **3<sup>rd</sup> place,** Ty LeLeux, **4<sup>th</sup> place.** **Class 4,** Brittany Persick, Member at Large, **1<sup>st</sup> place,** Katelyn Persick, Member at Large, **2<sup>nd</sup> place,** Ben Ramagos, **3<sup>rd</sup> place.**

**Grand Champion Market Hog** – Albert Deville; **Reserve Grand Champion Hog** – Ty LeLeux. **Swine Showmanship – Junior Division;** **1<sup>st</sup> place** Ty LeLeux, **2<sup>nd</sup>** Albert Deville. **Intermediate Division – 1<sup>st</sup> place** Ben Ramagos, **2<sup>nd</sup>** Emily Deville. **Senior Division – 1<sup>st</sup> place** Jody Deville, **2<sup>nd</sup>** Jake Callegan. **Overall Champion Swine Showman** – Ty LeLeux.

**Market Goats:** **Class 1,** 1<sup>st</sup> place Jody Deville; **Class 2,** 1<sup>st</sup> place Christen Diamond, St. John Middle School, **2<sup>nd</sup>** Christen Diamond; **Class 3,** 1<sup>st</sup> place Elise Persick, Member at Large, **2<sup>nd</sup>** Albert Deville. **Grand Champion Market Goat** – Elise Persick; **Reserve Grand Champion Market Goat** – Albert Deville. **Goat Showmanship – Junior Division – 1<sup>st</sup> place** Albert Deville, **2<sup>nd</sup>** Emma King; **Intermediate Division – 1<sup>st</sup> place** Emily Deville, **2<sup>nd</sup>** Lacey Blanchard; **Senior Division – 1<sup>st</sup> place** Jody Deville, **2<sup>nd</sup>** Brittany Persick. **Overall Goat Showmanship** – Jody Deville. **Overall Champion Goat** – AOB, Emma King, **Reserve Champion** Emily Deville **Overall Champion Commercial Doe** – Emily Deville, **Reserve Champion** Brittany

Persick **Champion Percentage Boer Goat** – Christen Diamond **Champion Purebred Boer Goat** – Jody Deville, **Reserve Champion** Christen Diamond; **Champion Brahman Bull** – Jared Purpera **Champion Brahman Heifer** – Ryan Courville **Overall Champion Brahman** – Ryan Courville **Champion Beefmaster Bull** – Jeremiah Molden, Dorseyville School **Champion Beefmaster Heifer** – Jeremiah Molden **Overall Champion Beefmaster** – Jeremiah Molden **Champion Angus Bull** – Dakota Smothers, St. John High School; **Champion Angus Heifer** – Dakota Smothers; **Champion Polled Hereford Heifer** – Londyn Kolder, St. John High School; **Champion Limousin Heifer** – Racheal Sandidge, St. John Middle; **Overall Champion Bull** – Jared Purpera **Overall Champion Heifer** – Racheal Sandidge;

**Champion Hampshire Swine** – Emily Deville  
**Champion Yorkshire Swine** – Jody Deville;  
**Champion Duroc Swine** – Jody Deville;

**Poultry – Grand Champion Cockerel, Rhode Island Red,** Christen Diamond;

**Rabbits – Grand Champion,** Miranda Sanchez, **Reserve Champion,** Blake Ruiz, **3<sup>rd</sup>** Derek Sanchez, **4<sup>th</sup>** Derek Sanchez, **5<sup>th</sup>** Kolbi Sanchez

Thanks to the following supporters and sponsors who made this youth event a big success! Parish President, Mitchell Ourso, Iberville Parish Sheriff, Brent Allain; Pediatric Associates, Iberville Parish Farm Bureau, Iberville Trust & Savings Bank, A. Wilberts and Sons, Citizens Bank & Trust, The Bank of Commerce, Plaquemine Bank, Georgia Gulf, Basin River Electric & Sportsman Feed.



**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 340</b>	<b>Calories from Fat 50</b>
	<b>% Daily Value*</b>
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 69g</b>	<b>23%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 43g	
<b>Protein 11g</b>	
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 20g 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	



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

*Kimberly Jones & Shannon Dietz  
 4-H Youth Development Agents*