

September
2009



ALLEN 4-H CLOVER TALK

4-H Monthly News Letter



September is 4-H Enrollment

- { } Obtain an enrollment card from your school 4-H leader or from the parish 4-H office.
- { } Fill out the enrollment card completely. Check which 4-H project you would like to complete this year.
- { } We suggest one project and do a good job with it. If you show livestock or have a pet, you may also select one of those books.
- { } Pay 4-H dues. If you pay by check make it out to your local school.
- { } Turn enrollment card and money into your local 4-H leader.
- { } Look over the 4-H Calendar of Events with your parents & check which activities you want to participate in during the year
- { } Encourage all of your friends to join, we want to increase membership because the more the merrier!



Summer 4-H Highlights!

Elementary/Junior Award Trip Winners

Take to the Ice with the Greatest of Ease!

Four-H'ers from across Allen Parish enjoyed the benefits of their 4-H participation as they traveled on their all expense paid 2009 4-H Elementary/Junior Award trip held on May 22nd. The day started by visiting the Tupper Museum in Jennings. After the tour hefty appetites were satisfied with free pizza served by volunteer leaders. This Lafayette trip ended with a chance to cool their heels at the Louisiana Hockey Plex. While here, 4-H'ers could be seen clinging to the walls, while others did difficult leaps and spins in the air.

Participants in this award trip are as follows: Mack Allen, Sarah Baker, Allison Ballard, Brennan Barnett, Avery Barron, Daisey Bellard, Carly Bertrand, Tori Brown, Taylor Brown, Bailey Carpenter, Alyssa Cole, Kaci Durio, Natalie Giroir, David Greenlee, Aja Hayes, Lanna Haymon, Britney Hebert, Treshunda Joseph, Cady LeBlue, Alexis Longino, Zachary Manuel, Abigail Pappion, Tucker Scimemi, Laren Soileau, Kellie Solomon, Dekota Sonnier, Alexis Spikes, Brianna Toups, April Ware, Bailey Ware, Marcy Welch, and Hunter Young. Chaperones for this event were: Addison Pitre, Jr. Leader and Mrs. Darlene Manuel.

Allen Parish Garden Contest

Elementary

- 1st – Brennan Barnett, Kinder
- 2nd – Matthew Fontenot, Kinder

Junior

- 1st – Ty Hill, Fairview

Senior

- 1st – Wesley Hayes, Kinder



2009 4-H University

Allen Parish youth took home honors as the LSU AgCenter's 4-H University concluded June 25, 2009 on the LSU campus. More than 2,000 people in all – including 4-H'ers, adult leaders, volunteers, parents and friends – participated in the 95th annual gathering of activities that are part of the annual three-day 4-H event that's a highlight of the LSU AgCenter's 4-H youth development program. In addition to the contests and educational sessions, 4-H'ers elected state 4-H Executive Committee officers and 14 regional representatives. Wesley Hayes, from Kinder, was elected Vice President of the Louisiana 4-H Executive Committee. Other members of the Louisiana 4-H Executive Committee were also elected to represent the seven regions of the state. Representing the Central Region will be Korey Ryder, from Oberlin. In the 4-H University contests, participants from Allen Parish were:

Dairy Judging (Individual) – 10th place: Kristian Armstrong from Kinder; **Dairy Judging (Team)** – 6th place: Kristian Armstrong, Joshua Deshotel and Wesley Hayes from Kinder; **Fashion Review/Ready to Wear** – Lydia Earl from Fairview; **Forestry Study** – Paul Bedel and Zachary Earl from Elizabeth; **Photography (Individual)** – Anastasia Doise from Oakdale and 11th place: Amy Arnold from Elizabeth; **Public Speaking/Cooperatives** – 10th place: Shawna Simmons from Fairview; **Sports Broadcasting (Team)** – 5th place: Korey Ryder and Matthew Allison from Oberlin.



Pictured: (left to right) Bottom Row- Zachary Earl, Lydia Earl, Joshua Deshotel, Shawna Simmons, and Mrs. Bridget Earl, Volunteer Leader; Middle Row – Paul Bedel, Anastisa Doise, Kristian Armstrong; Top Row – Mr. Randy Bellon, County Agent, Amy Arnold, Matthew Allison, Korey Ryder, Wesley Hayes and Ms. Jessica Lester, Summer Intern.

September

- 7 Holiday
- 1-11 Club Meetings
- 14 Jr. Leader Meeting
- 14-15 Turn in Fair & Ag Exhibits
- 16 Turn in Commodity Fair Exhibits
- 16-19 Allen Parish Fair
- 18 Allen Parish Fair – Parish Livestock Show
- 19 A P F – Open Livestock Show
- 21 Pick up all Fair Exhibits

October

- 1-14 4-H Club Meetings
- 5-9 National 4-H Week
- 10 Rice, Seafood & Beef Cookery Contest
- 12 Jr. Leader Meeting
- 16 Rice Festival – Crowley
- 20 4-H Officer / Leader Training
- 22-Nov. 7 LA State Fair – Shreveport

November

- 3-13 4-H Club Meetings
- 16 Jr. Leader Meeting
- 23 Sweet Potato, Pecan, Egg & Poultry Cookery
- 24 Outdoor Education Day
- 30 4-H Club Dues

2009 4-H Camp



Summer Camp was held July 20 – 24, 2009 at Camp Grant Walker. Those participating were: Jeremiah Alfred, Mackenzie Allen, Allison Ballard, Calyn Ballard, Brennan Barnett, Britney Hebert, Alec January, Lauren Johnson, Madison Johnson, Treshunda Joseph, Zachary LeJeune, Katherine McMahon, Patty McMahon, Dane Pittman, Ethan Smith, Devan Swarthout, Jacob Turner, Johana Tyler, Michael Williams, and Hunter Young. Volunteers who assisted with camp was Amy Arnold, Junior Leader, from Elizabeth; Matthew Townson adult volunteer from Elizabeth; and Ms. Jessica Lester, Summer Intern. Those who wish to participate in 4-H Camp must do at least one major parish wide activity or contest through the year. So start today planning for summer camp!



The 4-H Motto is
To Make The Best Better



To view any 4-H newsletter in color or find entry forms, news, etc., visit our website at: www.lsuagcenter.com/en/our_offices/parishes/Allen.



Allen Parish Fair

The fair is scheduled for September 16-19, 2009. The theme for this year is "What's that smell in the air? Mmmm... It's the Allen Parish Fair!". Every 4-H member is encouraged to enter at least one article in the fair. The premiums are: 1st - \$3.00; 2nd - \$2.00; and 3rd - \$1.00.

ALLEN PARISH FAIR PARADE

Each 4-H club is encouraged to have an entry in the parade. The three categories are: Decorated Float, Decorated Car, and Marching Unit. (Note: Line up west of fair grounds @ 9:15 a.m.)

ALLEN PARISH FAIR LIVESTOCK SHOWS

Friday, September 18, 2009

7:00 - 9:00 a.m. Check in Cattle & Weigh-In
Market Animals & Commercial Heifers
1:00 p.m. Judging begins

Saturday, September 19, 2009 -Open Livestock Show

\$15 per animal (includes showmanship)

7:30 - 9:00 a.m. Check in Cattle - Weigh in hogs, lambs, goats
9:00 a.m. Judging begins



JUNIOR LEADERS

Junior Leaders are senior 4-H club members' ages 13-19 (grades 8-12) also interested in youth. They assist in special activities and project work. Please join for our meeting on September 14th!!

4-H Shooting Sport

We will be kicking off our shooting sports program this fall. We will be offering the rifle and shotgun disciplines. We will be having an informational meeting for our shooting sports program in October so also look for our shooting sports display at the parish fair.



4-H Agent News

Allen Parish was fortunate this summer to have an intern assist with 4-H programs. Miss Jessica Lester will be greatly missed by many of us, and we wish her the best!
LSU AgCenter would like to introduce you to our newest staff member in Allen Parish, 4-H Agent, Mrs. Nancy Cronan. She is transferring from Calcasieu Parish with many years experience in 4-H Club work. Please welcome Mrs. Nancy!



Clovers To: [clover icons]

- 4-H'ers attending State 4-H University!
4-H'ers who participated in Elementary/Junior Awards Trip.
Amy Arnold, Jr. Leader and Matthew Townson, Adult Volunteer for assisting with 4-H Summer Camp.
4-H Leaders attending Volunteer Leader Training - Mrs. Bridget Earl and Mr. Robert Friday. Also assisting with training were 4-H'ers: Korey Ryder, Wesley Hayes, Zachary Earl and Kolby Friday.
4-H'ers who participated in Jr. Leader Wetlands Trip.

Any adult interested in volunteering for any contest, workshops, and /or activities can call the 4-H office at (337) 639-4376.

Stay in touch with Allen Parish 4-H!

- Join us on Facebook - look up Allen Parish 4-H.
Check out our webpage at: www.lsuagcenter.com/en/our_offices/parishes/Allen
E-mail us at rbellon@agcenter.lsu.edu; ncronan@agcenter.lsu.edu or gallison@agcenter.lsu.edu
Follow 4-H statewide at: www.lsuagcenter.com/en/4h.

CHARACTER COUNTS!

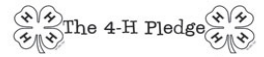


Think about it,
And take the student pledge . . .
Respect I will listen when the teacher is talking.
I will follow The Golden Rule.
I will show good manners.
Responsibility I will complete and turn in assignments on time.
I will come prepared to class.
Caring I will be thoughtful & helpful to my classmates
Fairness I will include all my classmates and will not leave anyone out.
Trustworthiness I will not cheat or lie
I will not take things that don't belong to me.
Citizenship I will not litter our school.
I will recycle paper.

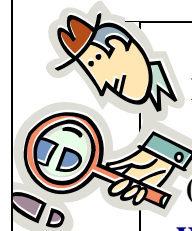
Your body is made up of 50-75% water, or about 10-12 gallons. That's a lot of water! Like air, you can't live without it. Most people need 8-10 cups of water a day. Water is important for helping with all types of body functions such as maintaining blood pressure and helping muscles move.



People get most of the water they need by actually drinking water or other beverages. But we get some of the water we need from food. That's right, from food! Many foods are filled with water. Fruits like watermelon, cantaloupe, and oranges are a great source of water. Even vegetables like carrots and broccoli are good sources of water. It is important to keep yourself hydrated, especially in the warm months or when getting a lot of exercise. Make sure you keep plenty of water on hand while playing outside and practicing sports. By the time you actually feel thirsty, you are already a little dehydrated, so don't wait until then. Make sure you get your water today!



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.



Looking for P.I. Members (pretty involved) Will You Be One?

Sincerely,

Randy Bellon

Randy Bellon
County Agent
Allen Parish

Allen Parish Cooperative Extension Service

Extension Programs

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Environment/Natural Resources
Families/Nutrition/Health
4-H Youth Programs