

The Cloverleaf

Elementary Edition

“Are You Into It?”

December, 2008

December

- 3 Pre-registration for Demonstration Day
- 5 Parish, District Livestock Entries Due
- 6 Demonstration Day, 8:30 a.m., 4-H Office
- 15 Start Junior Beef Grazing Project
- 24-Jan 2 Holidays

January

- 7 Pre-registration for all Clothing Contests
- 9 Award of Excellence Applications due in 4-H Office
- 10 Clothing Contests, Ready-to-Wear Judging, Consumer Decision Making, Photography, Seafood, Poultry & Sugar Contests, Gayle Hall, 8:30 a.m.
- 22-24 Parish Jr. Livestock Show
- 24-25 4-H Fashion Camp, Camp Grant Walker
- 31 Parish Jr. Livestock Sale

February

- 1-7 Southwest District Livestock Show
- 14-21 LSU State Livestock Show
- 21 Pre-registration for Public Speaking
- 28 Public Speaking, Personal Development, Food Exhibits & Interviews, Dog Care, Plant I.D., Insect, Wildlife, Consumer Foods Judging Contests, Gayle Hall, 8:30 a.m.
- 26-28 Southern Livestock Show, Poultry Show & Market Goat Show

Now is the Time to Get Started on Your Project Books

You should have received your project books by now. Completed projects are due in the 4-H office March 23. March may seem a long time away, but it will be here before you know it! So get started on your project books now. If you do 1-2 activities each month, you'll easily finish your project by March.

How do you know what you need to do in your project to complete it? If you have the Discovering 4-H project, you will need to complete 4 of the 6 sections of the project book to receive a blue ribbon. For the other projects, read the project book. Somewhere in the first few pages, it will tell you what you need to do to complete your project.

The 4-H Portfolio is the record form we use for reporting your 4-H project. The portfolio will be available from the 4-H office and on our website. The portfolio asks several questions you may want to think about throughout the year. These questions include:

- What was your favorite part(s)/activity in 4-H?
- Who is your role model in 4-H? Why?
- What is one thing you learned in 4-H this year?
- If you were in charge of 4-H in your parish, how would you make it better?

You will also be asked about any leadership roles you played and any citizenship activities you took part in. Be sure to keep a running list of these types of activities through the year. And finally, you will be asked to tell something about the project you completed.

One last thing while you're working on your project.... Take pictures! Take pictures! Take pictures!

We'll be sharing more about project completion with you later in the year.

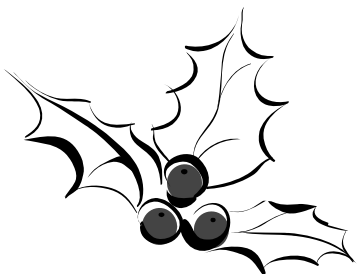
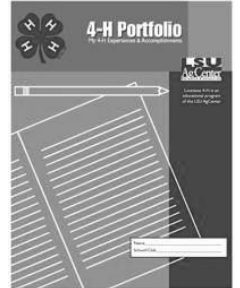
Louisiana 4-H Foundation Sponsors Award Of Excellence

The 4-H Award of Excellence recognizes outstanding elementary and junior members. Members may receive this award only once.

Basic requirements for the Award of Excellence are as follows:

1. Must be under 14 years of age on January 1, 2009.
2. Must have at least 2 years of 4-H club work including this year.
3. Must score at least 100 points on the award application.

If you are interested in competing for this award, contact the 4-H office for an application. Applications are due January 4, 2009.



Our staff wishes you
a safe and happy
holiday.

Cooperative Extension Service, Calcasieu Parish

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The 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.

It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, gender, religion, age, or disability.



Clovers to:

Elementary - Beef Ambassador

1st: Celine Hoffpauir

Elementary - Rice Ambassador

1st: Celine Hoffpauir

Elementary – Rice Cookery

Dessert - 1st: Jaden Ross; 2nd: Aaron Fontenot; 3rd: Colby Oliver; HM: Jade Bourque, Lexie Cook

Side Dish - 1st: Jaden Ross

(sweepstakes); 2nd: Jade Bourque; 3rd: Joseph Denison; HM: Hannah Hebert, Baylee Istre

Main Dish - 1st: Lexie Cook; 2nd:

Rikki Gilmore; 3rd: Ashley Jesina; HM: Jade Bourque, Colby Oliver, Hannah Hebert

Elementary – Beef Cookery

Low Calorie Main Dish - 1st: Baylee Istre; 2nd: Hannah Hebert

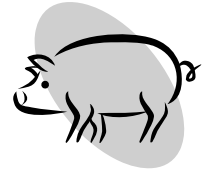
One Dish Meal - 1st: Katie Murphy (sweepstakes); 2nd: Hannah Hebert; 3rd: Jade Bourque; HM: Colby Oliver, Savannah Fruge

Quick and Easy Main Dish - 1st: Jade Bourque; 2nd: Joseph Denison; 3rd: Baylee Istre; HM: Colby Oliver, Hannah Hebert

Livestock News

Livestock Show Entry Forms Due

All livestock exhibitors should have received a 2009 Livestock Show Booklet outlining show entry procedures, schedules and rules. Please read this information carefully and return your entry forms by the deadline date of December 5th. If you have not received this information, please call the 4-H office immediately!



Validation of Animals for 2009 Livestock Shows

Don't forget to have your market and breeding hogs validated the first week of December.

December 2, 2008 Burton Coliseum Barn 1:00 – 6:00 p.m.

December 6, 2008 Iowa High School 8:00 - 10:00 a.m.

December 6, 2008 Sulphur High School 8:00 – 10:00 a.m.

December 6, 2008 Bell City High School 8:00 - 9:00 a.m.

More information on validation of livestock animals can be found in the October and November Cloverleafs

Calf Scramble Competition - Win A Calf To Show!



A calf scramble will be held at each rodeo performance during the district show, and the winners will receive \$1000 towards the purchase of a calf to show at next year's district show. The competition will be sponsored each night by Farmer's Rice Milling of Lake Charles.

Four-H'ers must meet certain criteria to be eligible to compete. They must be a 4-H or FFA member, must have access to reasonable facilities to keep and care for a calf, must meet academic standards for show participation, must be able to give some reasonable assurance that you are able to feed, groom, and care for a calf, must not be enrolled beyond the junior year in high school, must be in good physical condition without evidence of recent injury, must show the calf at next year's district livestock show. If you are interested and would like more details, please call our office. Deadline for entry is January 3rd. The entry forms are also on our web page at: http://lsuagcenter.com/en/our_offices/parishes/Calcasieu/

Outstanding Exhibitor Contest For Livestock Exhibitors

If you are showing beef, sheep, swine or goat at this year's parish livestock show, you are eligible to compete in the Outstanding Exhibitor Contests. There is an Outstanding Exhibitor Contest for each species (beef, sheep, goat and swine). Each contest will consist of a short test on project book materials; a skill-a-thon, in which you I.D. different breeds, parts of animals, feeds, etc. Parish workshops attended and showmanship and livestock show participation will also earn points. Highest total scores in each age division wins great prizes. This contest focuses on the knowledge and skills you have and not how great your animal is. All exhibitors are encouraged to try this contest. For study guides on beef or swine call the 4-H Office or visit our web site at http://lsuagcenter.com/en/our_offices/parishes/Calcasieu/

Project Clubs....

While you are a member of your school's 4-H club, you can also participate in project clubs that are a part of our parish 4-H program. Project clubs are groups that conduct all of their activities in one project area. You'll learn more about the project area, get to participate in 4-H activities outside of your regular school club and make new friends who have the same interests as you do.

Horse Project Club

Interested in Horses? Then this is the club for you.

All interested 4-H members can participate in this club. You do not have to have a horse to participate, only a strong interest in horses. The next meeting of the Horse Club is scheduled for Sunday, December 21 from 2:00 - 4:00 p.m. at Burton Coliseum.



Green TEENs

Are you concerned about what's happening to our environment? Do you want to learn ways that you can help protect our environment. Then our Green TEENs Environmental club is just right for you. The next meeting of the Green TEENs is Monday, December 15 at 6:00 p.m.

JCPenney



Afterschool Round-up

When you shop at **JCPenney in Prien Lake Mall** between **December 5 and December 14, 2008** and round your purchase up to the next whole dollar, the JCPenney Afterschool Fund will donate the difference to the **Calcasieu 4-H** to provide children in this community with access to life-enriching afterschool programs .

Seafood Cookery, Poultry Cookery, Sugar Cookery, Consumer Decision Making, Clothing Contest, Ready-to-Wear and Photography Contest

January 10, 2009 at Gayle Hall. Participating in these contests would be an excellent way to start off the new year in 4-H. Registration begins at 8:30 a.m., contests begin at 9:00 a.m. Awards will be presented at 12:00 noon. First and second place winners in all divisions of all contests will receive awards of \$10 and \$5 respectively to be presented at the end-of-the-year recognition program.

Dishes for cookery contests must be prepared at home and brought to the contest ready for serving. Each dish must be chilled and brought to the contest on ice in an ice chest. No hot dishes will be allowed. Bring only the dish and ice chest to the contest - no placemats, no serving utensils, no flower arrangements, etc.

The first place cookery winners in each category will compete for "sweepstakes" winner of that category. The "sweepstakes" winner in each category will represent Calcasieu Parish at the area contest.

Contestants in cookery contests must furnish a recipe with name, age, and 4-H club written on the back. Recipes will not be returned.

All clothing entries must be pre-registered by January 3, 2009.

Seafood Cookery

1. Seafood Cookery categories are: **Oyster, Crab, Shrimp, Crawfish, Fish and Other Seafood**
2. All contestants may enter only one category of the contest and may enter only one dish in that category. Only 2 servings of each dish need to be exhibited.
3. Each dish must use a minimum of one cup of seafood. The seafood must be fresh, frozen, pasteurized or dried. **CANNED SEAFOOD WILL NOT BE ACCEPTABLE.**
4. Contestants must exhibit a different Seafood Cookery dish each year. Contestants may not use the same recipe twice.

Sugar Cookery

1. The recipe must contain at least one cup of sugar.
2. Two servings of each dish must be exhibited at the contest.
3. Creativity and originality are encouraged. The use of previous winning recipes is discouraged.
5. The contest will be divided into two categories:
 1. **Baked Items** (bread, cakes, pies, cookies, etc.)
 2. **Other Desserts** (candies, icebox pies, ice cream, etc.) This is not to include homemade jams, jellies, preserves, etc.



Chicken, Turkey and Seafood Ambassador Contests

1. **Division I** – (Grades 4-6) Contestant (a) designs a standard poster 22" x 28" relating to one of the five topics concerning chicken, turkey or seafood (production, food preparation & nutritive value, food safety, processing, marketing), (b) presents a 2-3 minute explanation of poster subject, and (c) responds to questions from judges.
2. One table and one easel will be provided.
3. No dish is needed to compete in these contests.
4. 1st place winners in each age category will represent Calcasieu at the state contest in April.

Photography Contest

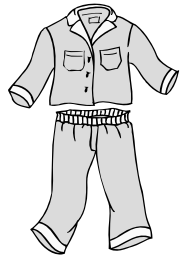
1. Open to any 4-H club member.
2. Categories are:
 - A. People - any age.
 - B. Animals - pets, farm animals, zoo animals, fish, etc.
 - C. Outdoor Shots - can include buildings, landscapes, flowers, plants, gardens, water, butterflies, and other insects.
4. Mount your picture on an 8 ½ x 11 sheet of paper (one picture per sheet). Put your category on upper right hand corner and name, grade, and school on back of paper. Pictures should be regular snap shot size pictures. They can be color or black and white. Only one picture per category.
5. Scoring Factors are:

Composition (arrangement of subject, foreground, background and supporting subjects in a picture)	15 points
Sharpness (focus, depth of field, clearness)	10 points
Correct exposure (film speed, lens opening, lightness or darkness of picture, shutter speed)	5 points
Appealing Photo (attracts attention, interesting, subject)	20 points
Total	50 points



Passion for Fashion: It's PJ Time

That's the theme of this year's fashion camp to be held January 24 - 25, 2009. Fashion camp is open to 4-H members 10 - 13 years old. Calcasieu can send two campers and one adult leader. A few of the educational activities for campers that go along with our fashion theme include: PJ's, T-shirt pillow, Sleep mask, Classy night-time book cover, along with a Service Learning Project: Letters to Military Kids whose family member is deployed. And you will return home with ideas to host a fashion workshop in your parish. Cost of the camp is \$45, which covers lodging, meals, camp supplies and a t-shirt. If you'd like to participate, please complete the form below.



Fashion Camp
10 - 13 year olds
January 24 - 25, 2009
Form Due: December 14, 2008
Send to:
Fashion, Food & Fitness Camp
 7101 Gulf Hwy.
 Lake Charles, LA 70607

Name: _____

Address: _____

School: _____

Phone: _____

Parent's
 Signature: _____

Fishing for Safety



Living in Sportsman's Paradise, Louisiana's residents are surrounded by various types of water.

Water activities are all very fun and enjoyable to many; however, they all can be very dangerous if safety is not practiced. In 2005 nationwide, 3,451 people were involved in a boating accident. 87% of the injured died from not wearing a life jacket. That is a large portion which could have been saved if they were wearing a life jacket.

One thing that many people forget that is just as important as having a life jacket is that the life jacket must fit properly!! If you have a life jacket that doesn't fit well then it can't do its job properly.

A proper fit means once it's zippered and/or buckled, it should keep your head and upper shoulders above the water. If it fits too loose, the flotation will push the jacket up around your face. If your life jacket is too small, it won't keep your body afloat. A general rule is that the life jacket should not come up above 3 inches over your shoulder.



Clothing Pre-Registration January 10, 2009

Form Due: January 5, 2009

Send to: Calcasieu 4-H, 7101 Gulf Hwy., Lake Charles, LA 70607

Name: _____

School: _____

Grade _____

Elementary: Apron

Skirt

Pants or shorts

Consumer Decision Making

1. Open to any 4-H member.
2. Contestant will be required to select the best buy from four like items and rank each item in order of preference. Example: contestant ranking - 4 radios, 4 blow dryers, etc.
3. Contestants will be required to justify their reasons for placings as a tie breaker.



Ready-to-Wear

1. Open to any 4-H member.
2. Contestants will be required to select the best buy in clothing items and accessories and rank each item in order of best to worst according to the situation given. There will be 4 categories. Examples of possible categories include: jeans, socks, button down shirts, t shirts, gym clothes, etc.
3. Contestants will be looking for the following:
 1. Fiber content – Is it a natural fiber such as cotton, linen or wool or is it a blend or man-made fiber such as polyester, rayon, etc.
 2. Care instructions – How is it cleaned - hand washed and hung to dry, washer and dryer, or dry cleaned?
 3. Cost of Garment – Does it fit the budget given in this situation? Is the cost per wearing too high?
 4. Construction of Garment – even or uneven stitching, hem, interfacing, seam stitching and finish, reinforced stitching on inner leg seams,
 5. Fabric – any defects?
4. Contestants will give written reasons for placings for at least 1 category to break ties.

Clothing Contests

Elementary (grades 4-5)

1. Open to any 4-H member.
2. May enter one of the three categories. Easy-to-make skirt and apron projects are available at the 4-H office. Categories include: Apron Skirt Shorts and Pants
3. Contestants will be judged on construction and appearance. Garments need to be modeled with appropriate accessories. Accessories include scarves, belts, hat, costume jewelry, etc. - any material or fabric is acceptable.



Check out our new 4-H website! The site at www.4-Hclubhouse.com is tailored to fourth- through sixth-graders and features nearly a hundred games, quizzes, downloadable activities and videos. In addition, you can find all kinds of 4-H information there... anything from a virtual tour of 4-H Camp Grant Walker to project information. We think you'll like the new look!



is Learning by Doing