



The Cloverleaf

“Are You Into It?”

May 2009

May

- 1-2 Outdoor Skills Shooting Sports State Competition
- 1-15 Close 4-H Rye-grass Grazing Projects
- 4 Organizational Leader Reports & Financial Summaries due
- 4 Club CRD Books due in 4-H Office
- 11 4-H Advisory Committee Meeting, 4-H Office
- 25 Why Weight for Summer, 6:00 p.m., 4-H Office

June

- 1-5 4-H Summer Camp
- 3 4-H Day at the Capitol
- 13 Calcasieu Parish Horse Show, West-Cal Arena, Sulphur
- 29-30 Southwest District Horse Show, West-Cal Arena, Sulphur

July

- 7-11 State Horse Show, LSU

**“BULLSEYES & BURGERS”
4-H Family Fun Day
Saturday, May 9 - LC Gun Club**

“Bullseyes & Burgers” 4-H Family Fun Day will be filled with shooting activities at different ranges, shooting games, educational booths and food! The profits generated from this event will be used to support our shooting sports program for the entire year so our 4-Hers will not have to be charged for using the Lake Charles Gun Club.



Our Shooting Sports club has access to facilities at the Lake Charles Gun Club that are second to none. We have the only range that will be designated to use for 4-H activities in the State. BUT WE need your help.

Tell your friends and come out to our “Bullseyes & Burgers” Family Fun Day at the Lake Charles Gun Club. You’ll learn something about our shooting sports program and have a great time.

Tickets are \$25 each for adults, and kids can participate for free! Tickets are available at the Calcasieu 4-H office, the Cameron 4-H office and from Shooting Sports club members.

Camp Grant Walker – “It’ll Grow On You!”



4-H Summer Camp fun is right around the corner! We can hardly wait! We have a great group pre-registered for summer camp. If you pre-registered, you should be receiving your registration packet in the mail in the next couple of days. Please make sure to read the information carefully and return the necessary forms to the 4-H Office as soon as possible.

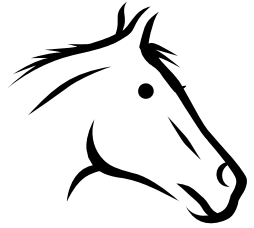
If you didn’t pre-register for summer camp and would like to go, please call our office. Each year we usually have one or two campers drop out for a variety of reasons, so you still may be able to go with us.

If you or your parents have questions about camp, please call Ms. Helen or Mr. Jimmy at the 4-H office.

Horse Show

The Calcasieu Parish Horse show will be held on June 13th at the West Cal Arena in Sulphur.

Our Horse Premier Exhibitor Contest will be held during the parish show. The contest will include skill-a-thon stations such as Breed I.D., Color I.D., Parts I.D., etc.; a test on project book material; and showmanship. Great awards will be presented to winners. Please make plans to enter. Study guides are available at the 4-H Office or on our website.



Why Weight for Summer?

Childhood obesity is a growing problem in our country, and Calcasieu 4-H wants to help do something to correct this problem right here at home. This summer, we’ll be offering “Why Weight for Summer?” for those interested in maintaining healthy weight now and throughout your life. We’ll learn a little about nutrition, maintaining healthy weight, and exercise in a fun environment with hands on activities, speakers and field trips.



“Why Weight for Summer?” will begin with an enrollment meeting on Monday, May 25 at 6:00 p.m. and meet every two weeks throughout the summer. If you’d like to improve your eating and exercise habits, contact Ms. Helen (hpage@agcenter.lsu.edu) for more information.

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

Those individuals and clubs recognized at our annual Awards Night:

Award of Excellence

Bailee Miller

Brooke Watkins

Madeline DeBarge

High Point Individuals

Reigner Kane , North Calcasieu Home School & Lucy Ryder, LeBleu Settlement

Blue Ribbon group - Jordan Ancelet, Vincent Settlement; Joseph Denison, J I Watson Elementary; Ryan Danos, J I Watson Elementary; Zachary Kershaw, LeBleu Settlement; Colby Oliver, J I Watson Elementary; Jade Bourque, D S Perkins Elementary; Lexi Cook, LeBleu Settlement; Kaylee Cormier, OLQH; Hannah Hebert, Bell City; Baylee Istre, Vinton Elementary; Marley Smith, Calcasieu Home School; Brooke Watkins, LeBleu Settlement

High Point Clubs

Honorable Mention - Vincent Settlement, Calcasieu Home School, Vinton Elementary

3rd Place - J I Watson Elementary

2nd Place - Bell City Elementary

1st Place - LeBleu Settlement Elementary

Outstanding Individuals

Joseph Denison, J I Watson & Hannah Hebert, Bell City Elementary

Blue Ribbon Group - Zachary Kershaw, LeBleu Settlement; Zachary Smith, Calcasieu Home School; Michael Washburn, Vincent Settlement; Therese Aguiard, Calcasieu Home School; Alexis Cook, LeBleu Settlement; Madeline DeBarge, LeBleu Settlement; Kadie Doucet, LeBleu Settlement; Ashlyn Doucet, LeBleu Settlement; Savanna Fruge, Bell City Elementary; Hillary Gauthier, Pearl Watson; Laney Henry, W T Henning; Baylee Istre, Vinton Elementary; Taylor Lobue, Vincent Settlement; Kaylyn Lugo, W T Henning; Bailee Miller, LeBleu Settlement; Rebecca Pettefer, Calcasieu Home School; Lucy Ryder, LeBleu Settlement; Marley Smith, Calcasieu Home School; Brittney Verdine, W T Henning; Brooke Watkins, LeBleu Settlement; Jamie Young, Vincent Settlement

4-H Day at the Capitol will be held Wednesday, June 3, 2009 at the state capitol in Baton Rouge. We'll rally on the capitol steps, meet with legislators & tour legislative sessions. Contact Mr. Trent for more information.

Remember to Stay Sun Safe This Summer

Summer is here, and we can't wait to get outside and play all summer long. Before you go outside remember that exposure to the sun can be harmful. Did you know that just a few serious sunburns can increase your risk of skin cancer later in life? Take these steps to stay protected from the sun this summer.



Limit time in the midday sun. The sun's rays are strongest between 10 a.m. and 4 p.m. Whenever possible, limit exposure to the sun during these hours.



Seek Shade! Staying under cover is a good way to protect yourself from the sun. Remember the shadow rule: Watch Your Shadow. No Shadow, Seek Shade!



Wear sunscreen. Apply a broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15 or higher and use a lot wherever your skin is showing. Reapply every 2 hours when working or playing outdoors. Even waterproof sunscreen can come off when you towel off, sweat, or swim.



Wear a hat. A hat with a wide brim offers good sun protection to your eyes, ears, face and the back of your neck— areas particularly prone to overexposure to the sun.



Wear sunglasses that provide 99-100% of UV radiation to greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.



The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. Developed by the National Weather Service (NWS) and EPA, the UV Index is issued daily in selected cities across the United States.

State Fair Livestock Shows

Livestock exhibitors interested in showing animals at the State Fair in Shreveport this October need to be getting their animals soon. Possession dates are as follows:

Steers - May 10, 2009

Commercial Ewes and Breeding Sheep - July 1, 2009

Lambs - July 10, 2009

Commercial Heifers - July 1, 2009

Breeding Cattle & Dairy born prior to 1/01/2009 - July 1, 2009

Exception: Beef and Dairy animals born after January 1 during the year of the fair must be in possession by August 1, 2009

Hogs - August 10, 2009

Broilers & Exhibition Birds - Contact 4-H Office by August 1, 2009

Goats - July 10, 2009



If you plan to show at the State Fair, please complete and return the form found below.

Pre-Registration Form - State Fair - Shreveport, LA - Return by May 5, 2009 to Calcasieu 4-H, 7101 Gulf Highway, Lake Charles, LA 70607

Name: _____ Age: _____

Address: _____

(city) _____ (zip) _____

Phone: _____ Grade: _____

School or

Club: _____

I am planning to exhibit Steer Hog Lamb

Beef Breeding Broilers Goat

I need help in finding or selecting animals Yes No