



Calcasieu 4-H

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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: Corey Castillo
 Kari Davis
 Katelyn Chargois
 Justin Granger

Key Club: Kristen Davis
 Anna Espey

Scholarships:
 Klancy Shope - Scott Tractor Co. Scholarship
 Claire Galley - Bruce Flint Scholarship, Calcasieu 4-H Foundation Scholarship
 Carrie Jones - Calcasieu 4-H Foundation Scholarship
 Jessie LeJeune - Louisiana 4-H Foundation Scholarship

Outstanding Individuals
Junior - Justin Granger, Bell City Jr. & Cassidy Sonnier, JI Watson Jr.
 Blue Ribbon Group - Corey Castillo, Vinton Jr.; Logan Terrell, Calc. Home School; Kane Vest, Bell City Jr.; Gabbie Carrier, JI Watson Jr.; Kaitlyn Chargois, Calc. Home School; Kari Davis, North Calc. Home School; Julia Hebert, Bell City Jr.; Jacie Istre, Vinton Jr.; Kourtney LeBlanc; JI Watson Jr.; Mallory Nicholson, S J Welsh; Elisabeth Perez, Calc. Home School; Victoria Perez, Calc. Home School; Hannah Pettefer, Calc. Home School; Kristen Smith, Calc. Home School; Sydney Stevens, Bell City Jr.
Senior - Brandon Guillory, Iowa Sr. & Kristen Davis, North Calcasieu Home School
 Blue Ribbon Group - Cameron Durham, Calc.Home School; Trevor Foreman, Vinton Sr.; Haylee Berry, Vinton Sr.; Taylor Chargois, Calc.Home School; Anna Espey, Calc. Community; Jacey Main, Vinton Sr.; Klancy Shope, Calc. Home School; Morgan Smith, Calc. Home School; Jeanne Thibodeaux, Sulphur Sr
Outstanding Clubs
Junior - Calcasieu Home School Junior, JI Watson Junior, North Calcasieu Home School, WW Lewis Middle

SWLALC

Southwest Louisiana Leadership Conference

Mark your calendar now for the Southwest LA Leadership Conference to be held August 22-23, 2009 at Burton Coliseum. This conference is an opportunity for high school 4-H members from all over Southwest Louisiana to come together for a night of "Teamwork: The Ultimate Game Plan". We hope you'll plan to join us to meet members from other parishes, learn to work together to achieve common goals and have lots of fun!

State Fair Pre-Registration Form

Return by May 5, 2009 to Calcasieu 4-H, 7101 Gulf Highway, Lake Charles, LA 70607

Name: _____ Age: ____

Address: _____

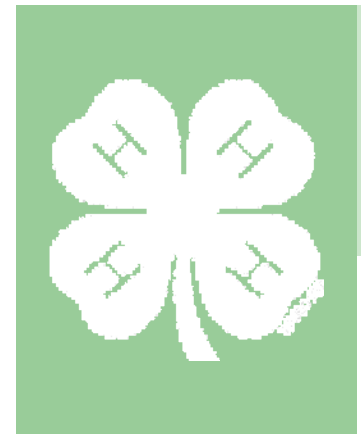
Phone: _____ Grade: _____

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

Senior - Calcasieu Home School Senior, Vinton Senior
High Point Individuals
Junior - Kane Vest, Bell City Jr. & Kari Davis, North Calcasieu Home School
 Blue Ribbon Group - Layne Armentor, JI Watson Jr.; Corey Castillo, Vinton Jr.; Justin Granger, Bell City Jr.; Logan Granger, Bell City Jr.; Katelyn Chargois, Calc. Home School; Julia Hebert, Bell City Jr.; Kimberly Medicis, North Calc. Home School; Mallory Nicholson, SJ Welsh; Hannah Pettefer, Calc. Home School; Kristen Smith, Calc. Home School; Sydney Stevens, Bell City Jr.
Senior - Trevor Foreman, Vinton Sr. & Kristen Davis, North Calcasieu Home School
 Blue Ribbon Group - Garrett Davis, North Calc. Home School; Josh Denison, Iowa High; Seth Duhon, Sulphur High; John LeJeune, Sulphur High; Taylor Chargois, Calc. Home School; Anna Espey, Calc. Community Club; Jacey Main, Vinton Sr.; Morgan Smith, Calc. Home School; Keaghan Kane, North Calc. Home School
High Point Clubs
Junior - 1st - Bell City Jr., 2nd - Calcasieu Home School, 3rd - JI Watson Jr, HM - North Calcasieu Home School, WW Lewis Middle, Vinton Middle
Senior - 1st - Calcasieu Home School, 2nd - Vinton High, 3rd - Sulphur High, HM - Calcasieu Community Club, Iowa High



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Special points of interest:

- Our Awards Night is April 20 at 6:30 p.m.**
- There's still time to register for summer camp.**
- We'll be selecting 4-H University participants April 23.**

Cloverleaf

Calcasieu 4-H

Junior-Senior Edition

May 2009

4-H Activities Don't End With School Year

That's right! If you thought that 4-H activities end with the school year, you may be missing a whole lot of fun! 4-H activities continue throughout the summer months. Some of the activities offered through the summer are...

4-H University will be held June 23-26, 2009 on the LSU Campus in Baton Rouge. 4-H U is an annual activity that includes state contests, educational programs, tours, assemblies, dances, service learning and much more. For more information on 4-H U, see page 2 of this newsletter.

Our **Calcasieu Parish Horse Show** will be held on June 13th at the West Cal Arena in Sulphur.

Our **Horse Premier Exhibitor Contest** for horse exhibitors will be held during the parish horse show. Details will be sent to horse exhibitors at a later date. The contest will include a skill-a-thon with stations on breed I.D., color I.D., parts I.D., etc.; a test on project book material; and showmanship. Study guides are available at the 4-H Office or online at Calcasieu 4-H.

4-H Day at the Capitol is planned for June 3, 2009. If you want to learn more about our government and support 4-H at the same time, join us for 4-H Day at the Capitol at the state capital in Baton Rouge. Our 4-Hers will rally on the capital steps, listen to speakers, visit with area legislators, and tour the legislative sessions. If you would like to participate, please email Mr. Trent at tguidry@agctr.lsu.edu.

Cal-Cam Marsh Maneuvers Camp is being planned for June 8 - 10 at Rockefeller Refuge. The camp offers senior high 4-Hers a chance to learn about the marshes, their ecosystems and the value of our marshes. You also get to fish, crab, and participate in coastal restoration projects. 4-Hers interested in participating need to be 14 years old, have taken one science course, and be willing to learn. Call the 4-H office for more information.

Wild Woods Wanderings Camp is an environmental camp for senior high members. WWW is held at Poverty Point and the Tensas Refuge in North Louisiana. Two sessions of WWW are scheduled in July each year. If you are interested in participating, please email one of the 4-H agents.



Why Weight for Summer?

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, healthy weight loss, 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.



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.

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 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 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 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.

Already Signed Up for 4-H U?

If you've already signed up to participate in 4-H U this summer, there are still some things you need to remember to take care of....

1. Get with the 4-H agent who will be responsible for your training for your contest to set up meeting times and practice sessions.
2. Make sure you have everything you need for your contest - study materials, talks or demonstrations, PowerPoint presentations, clothes, supplies, etc.
3. Turn in all of your paper work and fees:
 - \$25 registration fee
 - \$7 for 4-H U t-shirt if you want to purchase one
 - Health form
 - Code of Conduct
 - Parental consent form if you plan on leaving the LSU campus with anyone at any time during 4-H U.
 - Roommate preference

Mark Your Calendar....

May

- 1-2 State Shooting Sports Competition
- 4 Organizational Leader Reports & Financial Summaries due
- 4 Club CRD Books due
- 8 Applications for state office and state boards is due in the state office
- 114-H Advisory Committee Meeting
- 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
- 8-10 Cal-Cam Marsh Maneuvers
- 10 Short Course Records and Clothing Garments due
- 13 Calcasieu Parish Horse Show, West-Cal Arena
- 23-26 4-H University
- 29-30 District 4-H Horse Show

July

- TBA Junior Leader Exchange Trip
- 7-11 State 4-H Horse Show, West Monroe
- 16 State 4-H Records due

August

- 22-23 SW LA Leadership Conference



4-H University is June 23-26, 2009

Calcasieu 4-Hers, ages 13 and over may participate in 4-H University and Clover College. Participant selection is based on project completion, contest participation, interest, enthusiasm and positive behavior characteristics.

Our parish 4-H U selection meeting was held on April 23, but we still have several openings for those who are interested. The following is a summary of all of the contests that we still have open including how many from Calcasieu can compete in the contest, what the contest involves and what the award is. The awards for most of the contests at 4-H University are trips. The Congress trip is to National 4-H Congress held in Atlanta in late November. The Educational trip is to San Antonio in July.

You must be at least 13 years old on December 31, 2008 to participate in the following contests at 4-H U.

4-H Has Talent (1 team of 1-8) Individual or team talent competition. **Award:** \$500

Ag Demo Teams (2 teams of 2): 15 min. demonstration on something related to agriculture. **Award:** Congress (14-year-olds & older)/Educational Trip (13-yr-olds)

Ag Products Demo (1 Individual): 15 minute demonstration on preparation of a dish with rice, sugar, beef, wheat, poultry, seafood, dairy, or soybeans. **Award:** Educational Trip

ATV—(1 individual) written test, parts I.D., troubleshooting, safety skill driving. **Award:** Educational Trip

Bicycle (2 individuals) written test, parts I.D., illustrated talk, & skills demonstration. **Awards:** Educational Trip

Career Preparation Interview(1 Individual): complete record sheet, resume, job application and participate in an interview. **Award:** 2 Educational Trips.

Child Development (1 individual): written test; hands on experience. **Award:** Congress (14-year-olds & older)/ Educational Trip (13 yr olds)

Compact Tractor (1 Individual): written test, safety inspection, parts I.D., skills driving. **Award:** Educational Trip

Computer Simulation (1 teams of 2): Each team will participate in simulated flight including take-off, air maneuvers and landings. **Award:** Educational Trip

Diesel Equipment Operations & Maintenance (2 Individuals): written test, safety inspection, skills driving. **Award:** Educational Trip

Entomology Demonstration (2 teams of 2 people): 15 min. demonstration related to entomology. **Award:** Gulf Coast Trip to top three teams.

Environmental Threat Resolution (2 teams of 2): Prepare a paper & give a talk on an assigned environmental threat. **Award:** Educational Trip

Family & Consumer Science Demo Teams (1 teams of 2): 15 minute demonstration. **Award:** Congress (14-year-olds & older); Educational Trip (13 yr olds)

Horticulture Demos: 2 different demos. Horticulture General (2 teams of 2) & Horticulture Use (2 teams of 2). **Award:** Educational Trip

Horticulture Judging (1 teams of 3): written test; judge 4 classes; I.D. 40 specimen of vegetables, fruits, flowers.

Award: Educational Trip

Plant Science Team (2 teams of 3): written test; soil judging; seed/weed/crop I.D. **Award:** Educational Trip.

Public Speaking, Co-ops (1 Individual): 5-7 minute speech on cooperatives. **Awards:** Congress (14-year-olds & older)/ \$500 (13-year-olds)

Resource Management (2 individuals): Illustrated talk on any aspect of electric energy or conservation of natural resources. **Award:** Educational trip.

Small Engines Demonstrations (2 Individuals): written test; parts I.D.; 15 minute demonstration. **Award:** Educational Trip

Solutions Unlimited (1 Team of 2 or 3): Team works together on a youth issue & presents possible solutions in a one page paper & a 5-7 min. power point presentation. **Award:** Educational Trip.

Soybean Illustrated Talk (2 Individuals): 5-8 min. talk on any topic related to soybeans. **Award:** Educational Trip

Sports Broadcasting Contest (1 teams of 2) broadcast 8 minutes of the play by play and color commentate your choice of football, baseball or basketball **Award:** tickets to LSU athletic event

Wildlife Habitat Judging (2 Individuals): Evaluate habitats from on-site visit and photos; I.D. common wildlife foods. **Award:** National Contest for top four.

You must be 14 years old on December 31, 2008 to compete in the following contests at 4-H U.

Automotive (2 teams of 2): written test, safety inspection, parts I.D., skills driving. **Award:** Educational Trip (individual), New Orleans Trip (team)

Consumer Foods Judging (2 Teams of 2 or 3): Judge 9 classes of foods, food products, menus etc. and give written reasons. **Award:** Congress

Dairy Judging (2 teams of 3): Judge 6 classes of dairy cattle & give 3 sets of oral reasons. **Award:** National Contest

Fashion Revue, Creative Choice (1 individual): construct a garment with at least 5 construction details. **Award:** Congress

Forestry (1 Individual): Written test; tree/insect/disease I.D.; tree measurements; compass. **Award:** 4 trips to National Contest

Meat I.D. (2 teams of 3): Identify 30 retail cuts, judge 3 classes & give oral reasons on 1 class. **Award:** National Contest

Poultry Judging (2 teams of 3): judge live/dressed poultry and eggs. **Award:** National Contest

If you are interested in participating in 4-H U, contact one of the 4-H agents as soon as possible at 475-8812.