

## **ATTENTION SHOOTING SPORTS MEMBERS!!!!**

We will begin our shooting sports activities starting in February. Please keep an eye out for information in future newsletters.

### **LIVESTOCK EXHIBITOR SCHOLARSHIPS**

Attending college can be expensive. There are many opportunities for you to start saving money to attend. One way is through scholarships. There are several scholarships for which you may apply that will be awarded at this year's Southwest District Livestock Show. If you are interested in learning about these scholarships, please contact the 4-H Office.

### **NEED TO KNOW BEFORE YOU SHOW**

- ◆ Do not forget!!! Exhibitors, you must have health papers on your animals before you are allowed to enter the show barn with your animals. Health papers should be issued within 60 days of the show. To ensure that your papers are current through the state show, take your animals to the veterinarian a week or two before the parish livestock show.
- ◆ Lambs and goats must have a scrapies tag in their ear.
- ◆ Remember, there is a dress code when showing and selling your animal in the arena:
  - No T-Shirts
  - No Shorts
  - No Hats
  - Shirts need to be tucked into pants

### **LIVESTOCK SHOWS**

*** <i>January 18-20</i>	<i>Parish Livestock Show</i>	<i>Crowley</i>
*** <i>January 28-3</i>	<i>District Livestock Show</i>	<i>Lake Charles</i>
*** <i>February 10-17</i>	<i>State Livestock Show</i>	<i>Gonzales</i>

### **HORSE EVENTS**

\*\*\* St. Landry 4-H Horse Club will be hosting a 4-D barrel racing and 3-D pole bending on January 14, 2007 at the St. Landry Ag Arena (Yambilee Building) in Opelousas.  
\*\*\* Acadia Parish 4-H Horse Club will be hosting a 4-D barrel racing and 3-D pole bending on February 10, at Rice Arena in Crowley

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# The Clover Leaf

**January 2007**

**Acadia Parish**

*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."*

## **Dates to Remember:**

### **January**

- 8 Jr. leadership meeting
- 12 Garments due for Fashion Revue
- 18-20 Parish Livestock Show
- 28-3 District Livestock Show

### **February**

- 5 Junior Leader Meeting
- 10-17 State Livestock Show
- 24 Fashion Revue
- 24 Winter Contest Day

### **March**

- 1 Talent Show Deadline
- 9 Record books due
- 9-11 Challenge Camp
- 31 Achievement Day-Crowley High

## **ACHIEVEMENT DAY HONOREE**

The 2007 Achievement Day honoree is Mrs. Michelle Puissegur. Michelle serves as the head leader at Redemptorist Catholic. She has been very involved with the 4-H program whether it was training youth for 4-H U, serving as a camp chaperone or simply having a great time with our 4-H members. Please join us in honoring Michelle as our 2007 honoree.

## **FASHION REVUE TO BE HELD AT OMP**

The Annual 4-H Fashion Revue will be held at Our Mother of Peace Elementary in Church Point on Saturday, February 24, 2007. Everyone is invited to attend.

## **WINTER CONTEST - FEBRUARY 24**

Winter Contest Day will be held Saturday, February 24, 2007 at Our Mother Of Peace in Church Point. Contest held that day are Child Development, Poultry Judging, Meat ID, Consumer Foods Judging, Plant Science, Public Speaking, and Personal Development. Contest will begin at 8:30 a.m. Study guides for most contest are available from your leader.

## **CHALLENGE CAMP**

Challenge Camp is open to all 7<sup>th</sup> & 8<sup>th</sup> graders. Camp will be held **March 9-11, 2007** at 4-H Camp Grant Walker. Challenge Camp is a good opportunity to make new friends, learn hidden leadership skills, and just have fun! Only fourteen 4-H'ers can attend Challenge Camp, so get your applications in early. The cost of camp is \$75.00. This includes all meals, a T-shirt, and transportation to and from camp. Application is available through the 4-H Office. Applications, along with a check payable to the "Acadia Parish 4-H Foundation" are due **February 1, 2007**. **No late late application will be accepted due to the state deadline!!! Checks are non-refundable**

## **TALENT SHOW**

We are trying something new this year with Achievement Day. Instead of announcing all the record book winners to pass time for the Achievement Day awards. There will be a talent show. We are asking that each club select only one candidate to participate in the talent show. This is not a contest, just a chance to showcase your talent to the rest of Acadia Parish 4-H members. If you are interested, you need to contact your club leader.

## LIVESTOCK JUDGING CONTEST

The Parish Livestock Judging contest will be held *Saturday, January 20*, at the Rice Arena in Crowley. Registration will begin at **8:30 a.m.** Four-H members will judge at least one class of sheep, beef, and swine. Each class will be comprised of four animals. Senior 4-H members will also be required to give oral reasons on one of the judging classes. This contest is open to every 4-H member.

## 4-H UNIVERSITY

It is time once again to start getting ready for 4-H University. 4-H U is a statewide 4-H activity held on LSU campus. It is scheduled in June. Four-H members from throughout the state compete against each other in over 30 contests. To be eligible to compete at 4-H U, 4-H'ers must have participated in a related parish contest. First preference is given to 9<sup>th</sup> - 12<sup>th</sup> grade club members, however, several contests are open to club members that have reached their 13<sup>th</sup> birthday as of January 1, 2007. Being selected to participate in this activity is a great honor, however, it will require you to make a commitment. Depending on the contest, you may be expected to participate in area training workshops, train with one of the agents or a parish-wide leader. Preparing for 4-H U is a lot of work, but state winners in each contest are awarded great prizes such as all expense paid educational trips to different parts of the United States. So start thinking about what contest you might want to compete in. There will be a 4-H U meeting later next month, please look for more information in next month's newsletter. If you have any questions please contact the 4-H Office.

## FOOD AND FITNESS CAMP

2007 State 4-H Food & Fitness Camp will be held February 10-11, 2007, at **Grant Walker 4-H Educational Center**. The Food & Fitness Camp theme is *"Lost in the Fifties"*. The theme centers on the food and fun of that particular decade. Campers will participate in hands-on lessons focused on nutrition and food preparation from the 50's, fun and games from that era (remember the hula hoop?) and, of course, food safety. All lessons are being developed and taught by the 4-H State Food & Fitness Board members. Campers will participate in educational sessions on the OrganWise Guys, Glo Germ, and in fun/games modeled after toys, games and activities from the 50's including a **"Sock Hop" and an "American Bandstand" show.** **Camper Eligibility** Each parish has the opportunity to send two teams of two 4-H campers (10-13 years old) and one adult leader (project leader, junior leader, parent, grandparent, aunt, uncle, etc.) for Food & Fitness camp, for a total of **four campers and two (if both genders attend) adult leaders per parish.** For more information, please contact the 4-H Office. Application deadline is January 10, 2007.

## ITS RECORD BOOK TIME

Each record book contest is limited to those club members which have enrolled in and have received a 4-H project booklet. Within each record book contest, contestants will compete against other 4-H'ers from throughout the parish within the following grade categories: 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>, and 9<sup>th</sup> - 12<sup>th</sup>.

**Members in the 4th, 5th and 6th grades may turn in completed project books. They do not have to complete Member's Scrapbook Forms (4-H Portfolio). They can add pictures to project books and place them in 3 ring binder if turning in more than one project book. Livestock project members, however, still are required to fill out livestock record sheets and a complete record book. All 7th - 12th grade record books should be assembled with the 4-H Portfolio. Keep in mind that all records will need to be turned in to your leader by your club's deadline.** Club leaders will enter these records on the contest forms sent to them by agents. These forms, along with their club's record books must be turned in to the 4-H office **no later than 4:00 p.m. on March 9, 2007.**



## OVERNIGHT CHAPERONE TRAINING

Attention to all parents and leaders. If you plan on serving as an overnight chaperone, for any school, parish, state or regional 4-H event you must take part in an overnight chaperone training in order to participate in the activity. Trainings will be coming up soon, so please look out for dates that fit your schedule. For more information on overnight chaperoning please call the 4-H office.

## ACHIEVEMENT DAY SONG CONTEST

Achievement Day is just around the corner, MARCH 31! It's time to start thinking of a catchy tune for your Achievement Day song. Remember, all songs must consist of the current years' theme, the honoree, and the agents and at least five project areas, for which two can be clothing, cooking or livestock. The other three must come from other project work. Points will be deducted for songs not contain all the necessary requirements. Song tunes are due January 12 by 4:00 p.m. to the 4-H Office.

## THE BUTTER SIDE OF MOO

Do you know how dairy products are made? The milk that you drink, be it whole, nonfat or skim is sweet milk (unfermented milk). Sweet milk contains the sugar lactose. As milk ages or is not refrigerated, fermentation occurs. The bacteria multiply in the warm cause the lactose to ferment. One of the products of the fermentation of lactose is lactic acid. Since acids taste sour, fermented milk is also called sour milk.



Sour milk isn't all bad. Sour milk is what gives us yogurt and cheese.

Yogurt is milk that has been soured by two special bacteria, *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. These bacteria curdle the milk and give it a particular flavor. The curds and whey do not separate but form a thick custard like product.

Cheese is the curd of milk that has been specially prepared. There are hundreds of varieties of cheese, some hard and some soft, some with a strong flavor and some mild. The different types of cheeses come from the same milk. But what makes them different are due to the types of microbes used to prepare them as well as the process by which the curds and whey are separated.

Butter is milk fat that has been separated from cream. Butter is a source of vitamin A and certain essential fatty acids.

## DO YOU WANT TO BE A CAMP COUNSELOR

We are looking for energetic, 4-H members to help chaperone camp as a camp counselor. You must be at least 15 years of age and must attend an 8 hour camp counselor training. The first training will be held on February 19, 2007 at 9:00a.m. to 3:00p.m. at the Rice Research Station in Crowley. For more information, please contact the 4-H office. And don't forget we are currently looking for counselors to assist with Challenge Camp to be held March 9-11.

## WINTER CONTEST DAY WORKSHOP

Come get some practice before the big contest day. There will be a workshop on February 19, 2007 at the 4-H Office from 4:30 pm. to 6:00 p.m.

## DON'T FORGET TO TAKE PICTURES OF YOU DOING YOUR 4-H PROJECT WORK.