



# Clover Connection

## Red River Newsletter May '08



- May 16.....Football tickets deadline
- May 23-24 .....Survival Camp
- June 2-6 .....4-H Summer Camp
- June 5.....4-H Day at the Capital
- June 17-20....4-H U, LSU, BR
- June 27.....District Horse Show
- July 4 .....4-H office closed
- July 6-11..... Wild Woods Wanderings
- July 8-12.....State Horse Show
- Aug. 4-8.....LOST Camp
- Sept. 13.....LSU Football Game

### Wild Woods

#### Wanderings Camp

“Wander in the Woods” of the Tensas National Wildlife Refuge in Northeast Louisiana! This camp will be held July 6-11 and the cost is \$50 per camper. Red River can send **three 4-H'ers** (10<sup>th</sup>-12<sup>th</sup> graders who have completed at least one high school science and math course) to this camp so registration is first-come, first-serve basis. The deadline for signing up/paying is **Friday, May 16, by 4:00 p.m., 4-H office.**

### LOST

#### La. Outdoors Science and Technology Camp

Any 7<sup>th</sup> - 8<sup>th</sup> graders interested in attending the Louisiana Outdoors Science and Technology Camp, August 4-8 at Camp Grant Walker? Cost is \$130 and some scholarships are available. Campers participate in Rocketry, Wetlands, Energy, Outdoor Skills, GPS/GIS and Forensic Science. Contact the 4-H office by **May 12.**



## 4-H CLOVER DAY

### Saturday, May 17, 2008



Registration 8:30 a.m. to 9:00 a.m.

Red River Parish Fairgrounds, Coushatta

Open to 4-H youth (3<sup>rd</sup> through 12<sup>th</sup> grades) and parents or adults interested in being a 4-H leader. Parents are encouraged to get involved. **Children under age of 13 MUST be accompanied by a parent/adult.**

4-H'ers will stay in groups and make rotations (30 minutes each) through the different events: Shooting Sports ~ Livestock Projects ~ Foods/Nutrition ~ PSA's

Bring money for your lunch and a few extra activities (such as food booths and fun jumps) and to purchase 4-H items.

**RSVP by Thursday, May 15, LET US KNOW YOU PLAN TO ATTEND, by calling the 4-H Office at 932-4342.**

### Congratulations to our 4-H Seniors



You've done it. All your hard work has finally paid off. Congratulations and best of luck in all you do. Red River 4-H will miss you.

- |                    |                  |
|--------------------|------------------|
| Ashley Ammons      | Cindy Lazarus    |
| Brandy Beavers     | Lauren Lee       |
| Korinna Calliham   | Olivia Lewis     |
| Christian Campbell | Sharika McDuffy  |
| Chase Crowder      | Roqual McHenry   |
| Rashonda Darby     | Keflynn Mosley   |
| Cory Davis         | Tyler Paul       |
| Kelli Graham       | Jay Perkins      |
| Sara Hahler        | Roosevelt Porter |
| Sharlexia Harris   | Maranda Robinson |
| Whitney Hubbard    | Stormie Shaver   |
| Erikka Johnson     | Jacqueline Wells |
| Megan Johnson      | Jeremy Woodley   |



### 4-H Summer Camp

If you signed-up, paid your fee, and sent in your forms, we will be sending you information in the mail about this exciting summer camp! You'll have all the information on what to bring and where to meet. Keep your eye on the mail as camp time gets closer.

### Fall Livestock Projects

It is time to consider being a livestock exhibitor during the 2008-2009 school year. Those interested in showing goats, cattle, rabbits, swine, lambs, and poultry must contact the 4-H office, call us at 932-4342, **NO LATER THAN JUNE 1.**

## Horse News



Kudos go to our Red River 4-H'ers for attending the Northwest Louisiana Horse Camp in Monroe, March 26-

28. This camp focused on riding techniques, nutrition and general horse care. Those attending were: **McKenzie Davidson, Karley Giddens and Kaitlyn Mangham.**

Northwest **District Horse Show** is **June 27** at Double R Arena in Stonewall. The **State Horse Show** is scheduled for **July 8-12** at the Hamilton Expo Center in Monroe. Call Mr. David at 932-4342 for more information.

## LSU Football Tickets



### Come see the National Champion LSU Tigers take on North Texas State!

Again this year the LSU Athletic Department is offering the 4-H program an opportunity to participate in an LSU football game at reduced price of \$25/ticket. The 4-H/LSU football game will be held Saturday, September 13. These tickets may be purchased by 4-H members, their families and volunteers.

A large tailgate party is being planned at Parker Coliseum prior to the game with good and door prizes. LSU cheerleaders and Mike the Tiger will participate in the tailgate party. Tickets are \$25 and must be ordered through the 4-H office by **Monday, May 26**. Fill out the form below and return with payment.

### LSU TICKETS

Deadline: Monday, May 26

**Make check payable to Red River 4-H**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_ # of tickets X \$25.00 = \$\_\_\_\_\_

## DRINK WATER WEEK MAY 4-10



As the school year ends, that only means one thing... Summer is here! Before you go out to play on those hot summer days, remember your water.

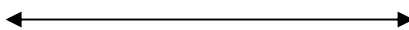
Water is an important nutrient that helps all of your body's organs work properly. Most people need about 8 glasses (1 cup each) of water each day. That is 64 ounces total- each and every day. Without water you wouldn't be able to digest your food, cool your body off when it gets hot, or even blink. Keep a record of how much water you get this week (don't count sodas) - how does your water add up?

## AG-EGGS

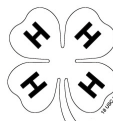



May is Egg Month. Eggs are a very important agriculture product in Louisiana. As a matter of fact in the United States, about 6.65 billion eggs are produced each year.

Eggs are used in many different products that we buy and eat each day. Egg whites are used for a coating on cakes and pies that you buy in the store. Egg whites give these baked goods their shine. Eggs are a good source of protein and they are inexpensive too. The quality of an egg is determined by the grade of the egg and is not related to size. All eggs are classified according to the U.S. Standards for interior and exterior quality factors.



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 These materials are printed in conjunction with USDA, Food and Nutrition Service, Food Stamp Nutrition Education Program.



**June 17-20, 2008**

Everyone who signed-up for 4-H U will be received information in the mail. Contact us if you have any questions. We are looking forward to making another great year!

All records, clothing garments and applications are due June 1. If you have any questions, call us at 932-4342.

Dear 4-H Members, Parents, and Leaders:

It is now time to end the 2007-08 4-H year. We have had a great year and hope that everyone has a happy and safe summer. We are looking forward to seeing you in 4-H again next year.



**Have a great summer!**

*Cindy Smith*

Associate Extension Agent

*David Yount, Jr.*

Assistant County Agent

If you have a disability which requires special assistance for your participation in any of the announced meetings or any questions, please call the Red River Parish office at 318-932-4342. All 4-H programs are open to students regardless of race, color, national origin, gender, religion, age, or disability.