



Clover Connection

Red River Newsletter April '08

Important Dates

- Apr. 3-5..... Camp Roughin' It
- Apr. 11-12...Northern Regional Shoot except Shotgun, Woodworth
- Apr. 15 4-H U reg. deadline
- Apr. 17 KSLA Weather Team
- Apr. 18 Summer Camp fees due
- Apr. 19 Northern Regional Shotgun Shoot, Shreveport
- Apr. 21 4-H Afterschool Club
- May 2-3..... State Shoot
- 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 6-11 Wild Woods Wanderings
- July 8-12 State Horse Show
- Sept. 13 LSU Football Game



Our numbers are limited and spots will be filled on a first-come, first-served basis. Contact our office for information:

Survival Camp: May 23-24 – 7th-12th - \$30 – pay by April 11

4-H Summer Camp: June 2-6 \$130
Fun for a Week–Memories for Life!
 A few camp spots are still available, contact us immediately! We are requesting a \$25 deposit which is non-refundable.
Rest of the camp fees are due April 18. Individuals who qualify (free or reduced lunches) may obtain scholarships but must provide documentation.

Wild Woods Wanderings Camp: July 6-11 \$50 – sign up/pay by Friday, May 16, 4:00 p.m., 4-H office. Location: Tensas National Wildlife Refuge in Northeast La. We can send **three 4-H'ers** (10th-12th graders who have completed at least one high school science and math course).

4-H Afterschool

April 21, 5:00 p.m. – 7:00 p.m.
call the 4-H office for information

Come One – Come All
 4-H'ers and Non 4-H'ers
 Fun – Games - Activities
 Will be held third Monday of month.

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.**

There are rules and regulations you must be aware of (animal age, weight, breed, etc.) and especially possession dates (when your 4-H agent **MUST** know that you are in actual possession of your animals). Possession dates are: June 1 – Market Steer (or if born after Jan. 1 – August 15); July 1 – Dairy, Sheep, Beef, Goats and August 1 – Swine. Broilers are ordered through our office in August and received in September

Shooting Sports 			
Practice Schedule			
Sheriff's Shooting Range			
Sunday	4/13	Shotgun	1:30
Thursday	4/17	Shotgun	4:30
Regional & State Shoots			
Sat. 4/19	North. Reg. Shotgun		
Fri. 5/2- Sat. 5/3	State		



Horse News

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. All forms must be officially registered in the name of the exhibitor or immediate family member. April 1 was the deadline for turning in your horse papers to the 4-H office.

4-H University

June 17-20, LSU- Baton Rouge
Applications are due by 4:00 p.m. on April 15 to the 4-H office

4-H University is fast approaching. Four-H'ers 13 years of age and older are eligible to attend. This is a great opportunity for you to explore the LSU campus, talk to students and faculty, and learn more about possible career choices.

For those who wish to attend 4-H U and not compete, there is always Clover College. This is your chance to fit into a college student's shoes. You will attend workshops and seminars throughout the campus. Then you will rejoin your parish for all the assemblies and other fun activities.

4-H Day

At the Capitol



Call the 4-H office by May 1 to register. The 7th Annual 4-H Day at the Capitol will be held **Thurs., June 5.** This event gives 4-H'ers an opportunity to visit with local legislators and to explore the state capitol. The assembly begins at 10:00 a.m. on the steps of the Capitol Building.

Pre-registration is required. Interested volunteers and parents are also invited to attend. You must provide your own transportation, since Ms. Cindy and Mr. David will be at 4-H Summer Camp.

KSLA Weather Team

Weatherman Ed Duranczyk of KSLA invites 4-H'ers in our area to meet the Channel 12 weather staff on Thursday, April 17, at 4:00 p.m. at Minden High School. The staff will broadcast live at 5 and 6. There will be a meet and great afterwards. Also invited are police and sheriff's departments, school board, Chamber of Commerce, and civic organizations. **RSVP by April 10.....NO EXCEPTIONS!** Call the 4-H office at 932-4342.

LSU Football Tickets

The annual 4-H Night at the LSU Football game will be held Sat., September 13. Come see the National Champion LSU Tigers take on North Texas State. There will be a 4-H Tailgate party for 4-H'ers and their families. 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

Name: _____

Phone: _____

____ # of tickets X \$25.00 = \$ _____

Soy Foods

April is SoyFoods month, and the perfect time to read up on one of Louisiana's top agriculture products that is good for you. Soy is used to make many of the foods you already eat, but you may not know that many soy products are available for you to try. Try some chocolate soy milk- it goes great with an afterschool snack and has many health benefits. Or you can make a smoothie with soy milk. Fortified soy milk is full of bone-building calcium. What about roasted soy nuts? Yep, they taste just like peanuts. The next time you are in the grocery store pick out a new soy product to try. You never know, you may just find a new favorite.

Exercise & Calories

Fast food meals and snacks are full of fat, sugar, salt and calories.

You know - the things that aren't good for you. Think those fast food meals don't add up to much? A meal from a fast food restaurant can have almost 1,200 and 50 grams of fat. That can be over half the calories and all the fat you need in one day. Keeping track of the calories you eat and the calories you burn is well worth the effort. Making sure you get 60 minutes of exercise a day is a healthy habit sure to add up in your favor.

Take advantage of the beautiful weather and daylight savings time! Try some outdoor activities! Jump roping, baseball, swimming, biking, & adventure hikes are all fun activities that you can enjoy with your neighbor-hood friends...not to mention they are all excellent ways to get 30 minutes of physical activity daily!!



4-H Night

With The PBR!

Saturday, August 16, 8:00 p.m.,

**Chris Shivers Gerry Lane Invitational
Baton Rouge River Center Arena**

For every ticket purchased from Red River Parish for the Saturday, August 16 performance, the Chris Shivers Gerry Lane Invitational will donate \$5 to our parish 4-H Foundation! Additionally, the parish that orders the most tickets overall (including either performance - August 15 or August 16) will receive a \$500 Award to support our 4-H program! This special award will be presented by Chris Shivers in the arena during 4-H night on Sat. Aug. 16. Tickets can be purchased by 4-H members, their families, volunteers, and friends. Just mail or fax the completed order form to the Baton Rouge Center Arena. So our parish gets credit for the order, remember to write your parish name on the order. Order forms are available from the 4-H office or on our web page. Call us at 932-4342.

Character Corner

Decisions happen quickly, but the results can last a lifetime. Ethics help by providing a code of values to help us with choices and actions. Ethics is a question of "What is the right thing to do?" The right thing to do isn't always the easy thing to do.

Learning to say "no" when you feel like saying "yes" builds character. It's hard. You'll have to think and you may have to give up some things you want.

How do we make good decisions? Before you do or say anything, think how the decision will affect the people who will be touched by it. We call these people "stakeholders" because they have a stake in the decision.

- Do the least amount of harm possible.
- Don't sacrifice integrity, reputation and honor for expediency.
- Core ethical principles (trustworthiness, respect, responsibility, fairness, caring and citizenship) are ground rules, not just factors to consider.
- Be courageous.
- The long run outranks the short run.

When you still can't decide, go with the choice that will produce the most good for more people. Measure all of your decisions by these ground rules.

Youth Wetlands Week

March 31 to April 4

Students all over the state are learning what the wetlands are and why they're important for the environment. Wetlands provide much needed habitat for wildlife, including more than 5 million waterfowl in the coastal wetlands of Louisiana. Wetlands are a natural filter for the environment.

Attending a Wetlands Workshop at the Red River Research Station in Bossier City on March 25 were:

**Stonie Harris
Megan Johnson
KeFlynn Mosley
D. J. Rambin
Maranda Robinson
Alicia Walsworth**

Rick Rowe, with Channel 3 KTBS, interviewed the 4-H'ers and the segment was aired on March 26. The video is the KTBS web page at: www.ktbs.com/news/Youth-Wetlands-Week-10231.

Cindy Smith

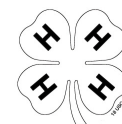
Associate Extension Agent

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.

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