



# Clover Connection

## Red River Newsletter February '08

### Upcoming Activities and Events

#### January 2008

- 10..... Award of Excellence/Key Club Award applications due
- 10..... Honey Bee Essay due to 4-H office
- 21..... Martin Luther King Holiday, 4-H office closed
- 26..... District Livestock Show
- 31..... 4-H Open House, 4-H Office

#### February 2008

- 9-16 ..... LSU Spring Livestock Show, Lamar Dixon, Gonzales
- 21-23..... Challenge Camp
- 23-24..... Food & Fitness Camp, Camp Grant Walker
- 28-March 1 .... Southern Livestock Show, Baton Rouge
- 29-March 2..... Junior Leadership Conference

#### March 2008

- 7..... 4-H Scholarship applications are due
- 8-9..... Equine Expo
- 15..... 4-H Night at the Mudbugs
- 26-28..... North LA 4-H Horse Camp, Ike Hamilton Expo Center

#### April 2008

- 3-5..... Camp Roughin' It
- 4-6..... Youth Co-op Leadership Conference
- 11-12..... Northern Regional Shoot except Shotgun, Woodworth
- 19..... Northern Regional Shotgun Shoot, Shreveport

#### May 2008

- 2-3..... State Shoot (all disciplines)
- 23-24..... Survival Camp

#### June 2008

- 2-6 ..... 4-H Summer Camp, Camp Grant Walker
- 17-20..... 4-H U, LSU, Baton Rouge
- 22-28..... Citizenship Washington Focus Week 4

### Dairy and Beef Poster Contests

#### Due at March 4-H Club Meetings

REMEMBER: Print name, address, social security #, grade and parish on back of the poster in the upper right-hand corner. Each 4-H'er will receive a ribbon! Three Divisions – I: 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> grades, II: 7<sup>th</sup>, 8<sup>th</sup>, & 9<sup>th</sup> grades, and III: 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> grades; 3<sup>rd</sup> graders may enter in local contest.

**DAIRY POSTER:** Draw a billboard that encourages or promotes the consumption of milk and milk products and their importance for health. Billboard design must be made on 22" x 28" poster board ONLY. DO NOT ATTACH anything to the poster that is more than 1/2" thick. DO NOT use the commercial brand names of products. Do not use jingles, slogans, signs or pictures that are trademark or copyright protected. A 4-H club member is allowed to win first place in each division only once.

**BEEF POSTER:** Poster should generate positive images of beef and beef products and should not portray negative image of other food products (i.e. chicken, pork, etc.). Poster must be on 11" x 14" white poster board only. Do not attach anything more than 1/8" thick. Hints: Get ideas from magazines, parents, friends, nutrition bulletins, Beef Ambassador Fact Sheet and meat publications. Materials are also available from your butcher, supermarket and the American Meat Institute or National Livestock and Meat Board. Poster should generate positive images of beef and beef products and not portray negative images of other food products. Computer generated clip-art may be used on the poster if it is not copyrighted material.

### Due Dates – Camps and Other Events

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

**Camp Roughin' It:** - April 3-5 – 4<sup>th</sup> – 8<sup>th</sup> - \$30 – sign-up by Feb. 15

**Survival Camp:** May 23-24 – 7<sup>th</sup>-12<sup>th</sup> - \$30

**4-H Summer Camp:** June 2-6 – Camp Grant Walker - \$130. We are requesting a \$25 deposit which is non-refundable. **Half of all camp fees are due on March 1, with the remaining due May 1.** Some scholarships are available through the state office. Individuals who qualify (free or reduced lunches) may obtain scholarships but must provide documentation. Payment plans are available.

**Rural Electric Youth Tour:** June 13-20-Washington, D.C. Feb. 18

**Junior Leadership Conference:** Feb. 29 – Mar. 2, Feb. 7, 4:30 p.m. is late registration deadline and fee is \$65.

**La. Equine Council 2<sup>nd</sup> Annual Expo:** March 8-9, Lamar Dixon Expo Center, clinics, demonstrations, shows, parade of breeds, a trade show, etc. Admission \$5 per day for non-LEC members. Information available at: [www.laequinecouncil.com](http://www.laequinecouncil.com).

**Youth Co-op Leadership Conference:** April 4-6, Camp Grant Walker, for 8<sup>th</sup>-12<sup>th</sup> graders, \$25 registration fee, forms due March 7

**Citizenship Washington Focus Week 4:** June 22-28, space is limited. Total fee is \$1500 with initial \$500 deposit due Feb. 27 and final payment of \$1000 and forms due March 31

**4-H Night at the Mudbugs:** Saturday, March 15, Century Tel Arena, \$15 per ticket ordered before Feb. 25, \$7.00 for t-shirt



## Happy Birthday 4-H

All of the major 4-H events throughout the year will have a centennial theme, including the state livestock show Feb. 9-16, 4-H Day at the Capital on June 5, 4-H University June 17-20, and 4-H Camp from May through the summer. Find out

what's going on, everyone is encouraged to be a part of the Louisiana 4-H Centennial Celebration.

### North LA 4-H Horse Camp 2008

March 26-28, Ike Hamilton Expo Center, West Monroe

The camp is on a first-come, first-served basis and is limited to 75 riders. (There will be only one camp this year.) Registration, health forms and fees are due to the 4-H office no later than March 10. The cost is \$60 for 4-H'ers, parents/leaders with a horse (registration includes stall, 1 bag of shavings, 3 meals and t-shirts); or \$20 for parents/leaders without a horse that plan to eat. 4-H'ers must have a horse to participate; a designated adult must be present with campers; horses must have a stall (Expo Center Policy); negative Coggins test required; horse must be broke to ride; R.V. hook-up available at extra cost. Absolutely no stallions of any age are allowed to participate.

## 4-H Livestock Exhibitors

Red River Parish 4-H'ers exhibited their animals at the Northwest District Livestock Show in Shreveport on Jan. 26. The results are:

**Alicia Walsworth:** 1 - 1<sup>st</sup> Place – Simmental Heifer

**Darrell McLemore, Jr.:** 3 – 1<sup>st</sup> Places; Champion – Brangus Bull; Champion – Brangus Heifer; Champion Overall Bull; 1<sup>st</sup> Place Beef Showmanship and Reserve Champion Beef Showman; Junior Premier Exhibitor

**D. J. Rambin:** 4 – 1<sup>st</sup> Places; Champion Commercial Heifer Non-Braham; Champion Simmental Bull; Champion Simmental Heifer; Reserve Champion Commercial Heifer Overall; 1<sup>st</sup> Place Beef Showmanship; Champion Beef Showman

**Alicia, Darrell and D. J.** will be competing at the LSU Spring Livestock Show February 10-17.

**Michael Arnold and Stonie Harris** will be exhibiting their animals at the Southern Livestock Show February 28-March 1. **GOOD LUCK AT THE SHOWS!**

## Score High With Milk!

Your body needs the right fuel to score high in the class room, on the court, or in the field; milk is the fuel to give your body and mind its top performance. Nearly half of all bone is formed during the teen years! If your bones are craving calcium, give it to them! If you miss out on it now, your bones may never reach their full potential. Think of bones like a bank account, you can deposit and save to have enough to draw on when you are older. Skip out now and you may not have enough stashed away when you need it most. That could mean you will be more likely to break a hip or have a hunched over appearance or osteoporosis.

Just remember that all milk has just about the same amounts of calcium, the only thing different is the amount of fat. Even Chocolate Milk has the same calcium as regular milk. Juices with added calcium are not the same as milk; milk has 8 other essential nutrients including Vitamin D which helps absorb the calcium.

Three a day is the way! Drink three glasses of milk a day, or switch it up and include some yogurt and cheese. A cup of milk or yogurt has 300 mg of calcium, and 1 ½ ounces of cheese does. You need about 1,000 mg of calcium every day, so eat at least three a day!



**NUTritious.....**



Pecan trees are as American as apple pie, the first pecan trees in the United States were said to have been planted in Long Island, New York. There are over 1,000 varieties of pecans, most of which are named after Native American Tribes such as Cheyenne, Sioux, Choctaw, and Shawnee.

The pecan tree is the only major tree nut that grows naturally in North America. They usually range in height from 70 to 100 feet, but can grow to 150 feet or more! Pecan trees are one of the largest fruit bearing trees, one acre of pecan trees will produce about 1,000 pounds of pecans!

Pecans are very healthy, 90 % of the fats in pecan are the heart-healthy kind, have over 19 vitamins and minerals, are a part of the protein group - a nutritious meat alternative, and are naturally cholesterol free!

Recipe? Who needs a recipe? Pecans are great on top of salads or chopped up in your pie crust! Add pecans to the breadcrumbs you use to cover your chicken before baking, or on top of your sweet potato casserole. And don't forget desserts, pecans are great in cookies or sprinkled on top of cake...and famous pecan pie!

## CHARACTER COUNTS! RESPECT

Tolerance and Acceptance – Accept those who are different from you Anne Frank (1929-1945) was 13 when she and her family, all of German-Jewish descent, were forced into hiding to escape Adolf Hitler's Nazi regime. Assisted by non-Jewish friends, they hid in a secret annex of rooms above her father's store. For the next two years, Frank detailed all of her experiences in a diary. The family was eventually found and sent to concentration camps where many, including Frank, died. Mass publication of her diary made her a global symbol for the six million Jewish men, women, and children killed during the Holocaust.

Anne Frank was a gifted young writer who also created many short stories and essays. Many of her writings centered on bettering society and the belief that "human greatness does not lie in wealth or power, but in character and goodness." She planned to publish a novel about her time in the annex to educate society about the importance of tolerance. Ironically, her diary has become one of the most widely read books in the world.

Make two columns on a piece of paper. In the first write the names of the people you love. In the second, write your favorite things to do. Now, look at the lists you have compiled, and try to imagine losing those things and people you love so much. This is what happened to Anne Frank, all because of her heritage.



*Cindy Smith*

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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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