

Calcasieu Parish 4-H

Cloverleaf

March 2022



Calcasieu Parish 4-H

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March

- 1 – Mardi Gras (Office Closed)
- 4 – Scholarship application deadline
- 5 – State Rabbit Show
- 7 – 12 Southern Region SS 1st split
- 9 – 12 JLC
- 15 – JR Leaders
- 18 – Photography contest entries due
- 22 – Horse Club
- 28 – April 2 Southern Region SS 2nd split

April

- 9 – Spring Contest Day
- 12 – JR Leaders
- 17 – 23 National Volunteer Week
- 25 – May 1 State Shooting Sports



Summer Camp at 4-H Camp Grant Walker

That's right! We are heading back to summer camp this year! Summer Camp 2022 will take place July 11 – 14 and we will be camping along with EBR, Ascension, Concordia, St. Tammany, Acadia, and West Carroll. Camp will be a day shorter this year and the grounds did experience damage during Hurricane Laura; however, we will be staying overnight, and exciting things lay ahead.

Please fill out the pre-registration form located on the last page of the newsletter and return to the 4-H office along with the deposit no later than March 4th to attend. **ALL SPACES ARE FIRST COME, FIRST SERVED UNTIL QUOTA IS MET.** You are not considered to be on the list unless payment and pre-registration is received.

SUMMER CAMP IS FOR 4TH – 6TH GRADE MEMBERS ONLY.

Those that do not make the list for camp this year will have the first offer to attend traveling summer camp hosted right here in Lake Charles.

TOTAL COST OF CAMP: \$175.00

DEPOSIT DUE BY MARCH 4TH: \$25.00

TOTAL DUE MINUS DEPOSIT (final due date tba): \$150.00

Calcasieu 4-H Record Book Contest

Record books due to 4-H Office: March 18th, 2022 by 4:30PM

The categories for the Record Book Contest are the following and will be judged by grade level: Elementary (4-5), Junior (6-8), and Senior (9-12)

- **Discovering (4th Grade)**
- **Exploring (5th Grade)**
- **Leadership/Citizenship**
- **Photography**
- **Livestock**
- **Cooking/Sewing**
- **Shooting Sports**
- **Horse**
- **Any other Books**

ALL RECORD BOOKS MUST BE SUBMITTED IN A BINDER/FOLDER TO THE CLUB LEADER OR THE 4-H OFFICE

Membership and participation in activities and events are open to all citizens without regard to race, color, national origin, gender, religion, age, veteran status, or disability. If you have a disability that requires special accommodation for your participation in an activity, please contact us at 337-788-8821.

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Calcasieu Parish Photography Contest

2022

It's time again for our annual photography contest! The rules listed out below apply to the contest. Winners who qualify will be able to attend 4-H University in June for the state contest. Please read the rules carefully. If they are not followed, your picture cannot participate in the contest!

STUDENTS MAY ENTER ONLY ONE (1) PICTURE PER CATEGORY BUT MAY ENTER MULTIPLE CATEGORIES

PEOPLE (NO SELFIES) (NO INSTAGRAM/SNAPCHAT FILTERS)

ANIMALS (LIVESTOCK, ZOO ANIMALS, PETS, FISH, ETC)

OUTDOOR (LANDSCAPE, INSECTS, PLANTS, ETC.)

STILL SHOT (INANIMATE SUBJECT MATTER EX. CARS, SMALL OBJECTS, BUILDINGS)

PICTURES SHOULD BE SIZED 5X7 IN COLOR OR BLACK AND WHITE

MINIMUM EDITING ONLY

MOUNT YOUR PICTURE ON AN 8 1/2 X 11 SHEET OF BLACK CONSTRUCTION OR CARDSTOCK PAPER.

Write the category in the UPPER RIGHT-HAND CORNER of the page. NO OTHER DECORATION OR WRITING WILL BE ACCEPTED

ONLY ONE PICTURE PER PAGE

Write your name, school, grade, and age on the BACK of the paper.

ALL PHOTOGRAPHY CONTEST SUBMISSIONS ARE DUE NO LATER THAN 4:30 ON MARCH 18TH TO THE 4-H OFFICE. CONTACT MRS. CARRIE WITH QUESTIONS OR MORE INFORMATION.

Spring Contest Day 2022

April 9th
10AM until 2PM

Horticulture ID, Insect ID, Dog Science, Wildlife ID, Fishing Sports, Consumer Foods Judging, Consumer Decision Making, Ready to Wear

CONTEST ADDITION: Poultry Judging

Contests will be held at the Calcasieu Parish 4-H Office

Study Guides for contests are available on our website!

Summer Camp Pre-Registration

Camper Name: _____

School: _____ Grade: _____

Age: _____ Male: _____ Female: _____

Parent Name: _____

Address: _____

Phone: _____ Phone: _____

FUNCTIONAL email address: _____

Total camp deposit is \$25.00, no refunds

CHECK OR MONEY ORDER ONLY, NO CASH

WHAT: 4-H SUMMER CAMP

WHEN: JULY 11 – 14, 2022

WHERE: CAMP GRANT WALKER; POLLOCK,
LOUISIANA

WHO: 4TH – 6TH GRADE 4-H MEMBERS

Apple Cinnamon Baked Oatmeal Recipe

Review By Taylor Wolfram, MS, RDN, LDN

Published January 08, 2018

Reviewed April 2020



1½ cups fat-free milk or soy milk
½ cup packed brown sugar
½ cup egg substitute or egg whites
1 tablespoon melted trans-fat-free margarine
½ teaspoon cinnamon
2 cups rolled oats (not instant)
1 teaspoon baking powder
1½ cups chopped apples

Directions

Before you begin: Wash your hands.

1. Preheat oven to 350°F (176°C).
2. In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine and cinnamon.
3. In a larger bowl combine the oats and the baking powder.
4. Pour the wet mixture into the bowl with the oats; add the apples and stir to combine.
5. Spoon the mixture into a 8-by-8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean in the center.

Nutrition Information

Serving size: 1 square
Serves 9

Calories: 160; Total fat: 3g; Saturated fat: < 1g; Sodium: 80mg; Total Carbohydrate: 30g; Dietary Fiber: 3g; Sugars: 18g; Protein 4g; Vitamin A: 248 IU; Vitamin C: 1.5 mg; Calcium: 56mg.

Color Your Plate



There are many colors in a rainbow. Did you know that you can make a rainbow on your plate? Fruits and vegetables come in all different shapes and colors. Different colored foods contain different nutrients, and different nutrients each have specific jobs inside your body. Eating more colors and nutrients helps your body stay healthy.

Red foods such as tomatoes, strawberries, and watermelon contain nutrients that are known to fight cancer and protect your DNA from damage.

Orange and yellow foods such as pumpkin and carrots contain vitamin A which can help keep your eyes healthy. Lemons and oranges contain vitamin C, which helps support your immune system, so you don't get sick.

Green foods like spinach and kale contain vitamin K, which is good for blood and bone health. Other green foods such as broccoli, asparagus, and cabbage contain cancer-fighting agents.

Blue and purple foods contain what are called antioxidants. Antioxidants help protect the cells in your body from damage and are good for your heart. These are found in foods such as blueberries, blackberries, and plums.

White foods like garlic, cauliflower, and onions contain cancer-fighting agents, promote healthy bones, and lower blood pressure.

IT'S ELECTRIFYING!

What is Static Electricity?

Static electricity is the build-up of an electrical charge on the surface of an object. The reason that it's called static electricity is because the charges stay in one area for some time and don't flow or move to a different area.

Makes sense, doesn't it?

Atoms are made up of **neutrons**, **protons**, and **electrons**. The electrons spin around on the outside.

A static charge happens when two surfaces touch each other, and the electrons move from one object to another. One of the objects will have a positive charge and the other a negative charge. If you rub an object quickly, like a balloon, or your feet on the carpet, these will build-up a rather large charge.

Cool Facts About Static Electricity

A spark of static electricity can measure thousands of **volts** but has very little **current** and only lasts for a short while. It has small amounts of power or energy.

Lightning is also static electricity, and it is powerful and dangerous.

Even though lightning is dangerous, about 70% of people who are struck by lightning survive.

Wow!

Temperatures in a lightning bolt can hit 50,000°F or 27,760°C. Wow, that's seriously hot!

What did we learn about static electricity today?

Why is it important to understand the physics around us?

How could we have tried the experiment differently to get the same outcome?