

Calcasieu Parish 4-H

# Cloverleaf

October 2021



**Calcasieu Parish 4-H**

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Lake Charles, LA 70607  
(337) 721-4080  
[www.LSUAgCenter.com](http://www.LSUAgCenter.com)

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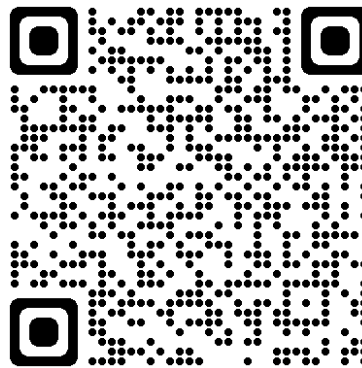
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**October 2021**

- 3-9: National 4-H Week
- 14: Officer Training
- 18: Intro to sewing workshop
- 19: Junior Leader meeting
- 19: Pet Show
- 21: Shooting Sports Enrollment

**November 2021**

- 1: Final Day for 4-H Enrollment
- 13: Fall Contest Day
- 16: Junior Leader meeting
- 25-26: Thanksgiving (Office Closed)
- 30: Challenge Camp (7<sup>th</sup>-8<sup>th</sup> grades)



## JOIN CALCASIEU 4-H TODAY!

Louisiana 4-H provides opportunities for youth from all backgrounds and interest to become a member and learn and grow through hands-one experiences. Any youth from the age of 9 years of age (before January 1st of the current 4-H year) can be a member. Youth can participate if they have not passed their 20th birthday on January 1. Because of our diverse age range, 4-H has lots of opportunities and experiences for all ages of youth to participate in.

4-H Club membership are groups of young people who meet monthly to learn about a particular subject, work on a project, perform community service, develop leadership skills, and work together. Guided by one or more adult volunteer, a club can have any number of members from a school, a neighborhood, or parish.

**CONTACT THE CLUB LEADER AT YOUR SCHOOL FOR MORE INFORMATION!**

## **4-H Outdoor Skills Program**

Do you like to hunt, shoot trap or skeet, shoot archery, or want to learn about shooting? Are you interested in camping, fishing, or wildlife conservation? Calcasieu 4-H Outdoor Skills club enrollment will be held on **October 21st at 6:00PM** inside the Calcasieu Parish 4-H Office

**ALL FIRST TIME MEMBERS ARE REQUIRED TO ATTEND THIS MEETING!!! If you are a first-time member of the Outdoor Skills Club and you miss this meeting you will not be allowed to join this year.**

Returning members do not have to attend this meeting but can if they wish.

## Let's Go Show!



Calcasieu Parish Jr. Livestock Show -  
January 19-22, 2022

Calcasieu Parish Livestock Sale – January 29  
Southwest District Livestock Show –  
February 3-6, 2022

LSU Junior Livestock show – February 13- 20, 2022

### **Validation/Possession Deadlines:**

Steers: August 16, 2021

Beef/Dairy Commercial Heifers, Exhibition Poultry,  
Market Lambs and Goats, Commercial Ewes and  
Does: November 8, 2021

Rabbits: December 1

Market and Commercial Hogs: December 4, 2021

CONTACT MRS. JENNIFER

[JDRESCHER@AGCENTER.LSU.EDU](mailto:JDRESCHER@AGCENTER.LSU.EDU) OR MR. KYNDAL

[KCOMEAX@AGCENTER.LSU.EDU](mailto:KCOMEAX@AGCENTER.LSU.EDU) FOR MORE

INFORMATION

Please pick up your market/commercial livestock validation kits (consisting of a tag and DNA envelope to contain your animal's hair sample) at the 4-H office to validate at home beginning October 15th. If you need assistance, please contact Mrs. Jennifer. 2021 Validation fee is \$7 per validation. This fee will be collected when exhibitors submit their validation to the Parish Office and are due by 4:30PM on the final day of Possession. All checks should be made out to Calcasieu Parish Livestock.

## **HARDSHIP STATEMENT**

Hardship forms are available in the 4-H office and required when an unforeseen circumstance keeps you from validating your animals, OR if you do not have the means the house your animals on your own property. Hardship forms will be evaluated on a case-by-case basis

## **Pet Show – October 19<sup>th</sup> Burton Coliseum – Livestock Arena**

**Registration: 6:00 - 6:30 p.m. Show Begins: 6:30 p.m.**

**Each 4-H'er can enter only one pet.**

1. Categories of pets include dogs, cats, rabbits, fowl, fish, reptiles, any other. **It does not include cows, horses, sheep, pigs, or goats.**
2. Elementary and junior members will compete separately in categories where 5 or more pets are registered. In categories where less than 5 pets are registered, elementary and junior 4-H'ers will compete together.
3. In each category, animals will be judged on characteristics such as best groomed, largest (height), smallest (height), most unusual, longest hair, prettiest eyes, etc.
4. This is a "fun" pet show. It is not necessary to have a registered animal. Grooming and cleanliness are important.

## **CAL-CAM 4-H HORSE PROJECT CLUB**

Horse project club informational and enrollment meeting  
Tuesday October 12<sup>th</sup>; LOCATION TBA

Open to all enrolled 4-H members who own OR do not own horses

CONTACT MR KYNDAL FOR MORE INFORMATION

[KCOMEAX@AGCENTER.LSU.EDU](mailto:KCOMEAX@AGCENTER.LSU.EDU)



## LET THE GAMES BEGIN!

Fall kicks off the beginning of agility and endurance sports seasons such as soccer, basketball, and football. Whether you're kicking, jumping, or tackling, you need to make sure you're taking care of your body off the field. This means getting plenty of sleep, staying hydrated, and eating the right foods.

Practices and competitions require a lot of energy. Active teen boys need 3,000-4,000 calories and active teen girls need 2,200-3,000 calories a day. Fruit, vegetables, whole-grain products, low-fat dairy, lean proteins, and heart-healthy fats are the best options to provide calories and necessary nutrients, such as carbohydrates and protein.

Carbohydrates fuel quick power moves and provide energy to last the entire game. Make sure to eat a light snack with a carbohydrate before games and practices (especially if you have an early lunch). Protein is the building block for muscles. After a workout or game, your body goes into a recovery period where it uses protein from food to build up muscles. Try to include a protein in every meal and snack!

Backpack friendly snack ideas: trail mix, granola bars, PB&J whole wheat tortilla, turkey sandwich, banana & peanut butter, apple & string cheese, pretzels & hummus.

Shatonia McCarty, MS, RD, LDN  
Area Nutrition Agent  
*Eatright.org*

## Fall Fest Contest Day

### November 13 - McNeese—Gayle Hall

Registration begins at 8:30 a.m.; contests begin at 9:00 a.m. Awards will be presented at 12:00 noon (**subject to change**).

First and second place winners in all divisions of all contests will receive an award of \$10 and \$5 respectively to be presented at the end-of-the-year recognition program.

The "sweepstakes" winner in each category will represent Calcasieu Parish at the area contest held in the spring.

**All dishes entered in cookery contests must be prepared at home, only 2 servings should be presented at the contest in a throw away container. Each dish must be chilled on ice and brought to the contest in an ice chest. No hot dishes will be allowed. Please bring a copy of the recipe you used with your name, age and 4-H club**

**ON THE BACK. Bring only the dish, recipe, and ice chest to the contest. No table decorations will be allowed!**

### Beef Cookery

1. Each dish must use a minimum of one pound ground beef.
2. **Two** servings of the dish should be exhibited at the contest.
3. Contestants may enter a total of 2 dishes. Contestant may not enter 2 dishes in the same category. Categories include:

**Low Calorie Main Dish** - a dish which has less than 300 calories per serving. List each ingredient on the recipe and write the number of calories beside each. Then total. Divide the total number of calories by the number of servings.

**One Dish Meal** - a dish that provides food from at least 3 of the 5 main food groups. The amount is not specified, but it should be enough to provide some nutrients.

**Quick and Easy Main Dish** - a dish that takes less than one hour to prepare, including cooking or baking time. List each preparation step separately on the recipe and write the preparation time beside each step, then total the time.

### Rice Cookery Contest

1. Bring prepared rice dish to the contest. The dish must contain at least one (1) cup of cooked rice. Wild rice is not a cultivated rice in Louisiana and does not meet the requirement of 1 cup rice. **Two** servings of the dish should be exhibited at the contest.
3. The contest will be divided into two categories.  
**Rice Main Dish** - contains significant amounts of beef, poultry, or seafood.  
**Rice Side Dish** - rice dressing is considered a side dish.  
**Rice Dessert** - example: rice pudding

### Sugar Cookery Contest

**Please present the entire dish.**

1. The recipe must contain at least 1 cup of sugar
2. Creativity and originality are encouraged. Use of previous winning recipes is not allowed.
3. The contest will be divided into 2 categories:  
**Baked-** (If any part of the recipe is baked)  
**Non-Baked-** (candies, icebox pie, ice cream, etc.)  
This does NOT include homemade jelly, preservatives, etc.)

### Seafood Cookery Contest

1. Contestant may enter only one category of the contest and may only enter one dish in that category. Seafood Categories are:  
Oyster

Crab  
Shrimp  
Crawfish  
Fish/Other Seafood

- Each dish must use a minimum of 1 cup of seafood.  
Seafood must be fresh, frozen, pasteurized, or dried.  
**CANNED SEAFOOD NOT ACCEPTED**

#### Egg, Beef & Rice Ambassador Contests

**Division I** – (Grades 4-6) Contestant (a) designs a standard poster 22" x 28" relating to one of the five topics concerning egg, beef, or rice (production, food preparation & nutritive value, food safety, processing, marketing), (b) presents a 2–3-minute explanation of poster subject, and (c) responds to questions from judges.

**Division II** – (Grades 7-9) In addition to the requirements for Division I, Division II contestant also prepares an essay not to exceed 500 words or 3 typed pages, double spaced, about the selected subject.

**Division III**-(Grades 10-12) Contestant will present a 5–8-minute illustrated talk concerning egg, beef, or rice. (Only egg illustrated talk requires a dish.)

Information for ambassador contests can be obtained from the 4-H Office.

- One table and one easel provided.
- No dish is needed to compete in these contests except for Division III Egg.
- 1<sup>st</sup> place winners in each age category of Beef and Egg Ambassador will represent Calcasieu at the state contest.

### **FOLLOW US ON SOCIAL MEDIA!**

[WWW.FACEBOOK.COM/CALCASIEUPARISH4H](http://WWW.FACEBOOK.COM/CALCASIEUPARISH4H)



Use the following hashtags at Calcasieu and State 4-H Events!

**#la4h #Cal4h**



*introduction to*  
**sewing**  
*workshop*

\$15.00 per participant  
grades 4-6  
limited to first 15 members to sign up  
registration and payment due  
october 15

Calcasieu Parish 4-H Office  
**October 18th, 2021**  
9 AM until 3 PM  
(lunch provided)

contact mrs. carrie with questions  
cajones@agcenter.lsu.edu

#### Clothing Contests

Construction score will be worth 40 points, and appearance score will be worth 60 points, for a total of 100 points possible.

##### **Elementary (Grades 4-5)**

- Open to any 4-H member
- May enter one for the three categories: Apron, Skirt, Shorts & Pants
- Contestants will be judged on construction and appearance. Garments need to be modeled with appropriate accessories.

##### **Junior (Grades 6-8)**

- Open to any 6th grade member. 7th and 8th grade members must be enrolled in the clothing project.
- Categories include:

**Skirt and Blouse:** any type of skirt-no sleeves or collar required on blouse

**School Dress:** may be one piece dress or a jumper and blouse

**Sportswear:** must make a complete outfit. Plants or shorts and blouse- plants/skirt, blouse, and jacket-pantsuit-jumpsuit-culottes, etc.



3. Contestants will be judged on construction and appearance. Garments to be modeled with appropriate accessories.

### Senior (Grades 9-12)

1. Contestants must be enrolled in Clothing Project
2. Contestant may enter all of the following categories but not more than one outfit per category

**School or casual dress:** includes one or two piece dresses suitable for school, sports activities, or casual wear. It does not include floor length dresses, dressy outfits, or pants of any kind.

**Pants Outfit** includes complete outfits such as pantsuits, jump suit, sportswear, or casual wear.

**Creative Choice:** Garments must comprise a complete outfit-any type or number of pieces (but not more can be worn at one time). **Outfit must feature 5 or more construction techniques from the following list:**

1. Bound buttonholes
2. Collar or other neckline treatment-other than place, faced edge
3. Creative stitchery
4. Cuffs
5. Design that must be matched
6. Gathers, ruffles, flounces
7. Handmade accessory
8. Lining
9. Pleats or tucks
10. Pockets
11. Sleeves
12. Special seam –flat felled, French, lingerie, etc.
13. Tailored collar
14. Trim or decorative detail
15. Underlining
16. Use of unusual fabric
17. Waistband or waistline
18. Work on 2 or more fabrics of different weight or texture
19. Yoke
20. Zipper

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:

CALCASIEU PARISH 4-H  
7101 GULF HIGHWAY  
LAKE CHARLES, LA 70607  
(337) 721-4080

[WWW.LSUAGCENTER.COM](http://WWW.LSUAGCENTER.COM)



## NATIONAL 4-H WEEK

**OCTOBER 3 - 9**

This year's 4-H theme is 4-H Builds. 4-H will be working on building up our enrollment, building true leaders, building future citizens, and building impacts within our community! We hope to offer as many opportunities to all 4-H members as we normally do! Those opportunities may look slightly different at times, but they will be safe, educational, and fun! Whether virtual or in-person, we will work on building up our youth by using their Heads, Hands, and Hearts to "Make the Best, Better!" National 4-H Week will be celebrated October 3-9, 2021. We challenge each of our members to share your 4-H stories and participate in community service throughout the week! Be sure to check out our parish social media and Louisiana 4-H social media pages for ideas and activities. As you build your communities through service, please share your pictures and stories with us on social media by using #4HBuilds on all of your posts.

### New Year New Leadership!

Good officers are the key to an active and successful 4-H club. Have you been chosen to serve as an officer for your local club? If so, you have an important job to do for your club members. Our Officer Training Workshop is your chance to learn exactly what your responsibilities as a club officer are and how to best carry out those responsibilities. Our parish Officer Training Workshop will be held on **October 14<sup>th</sup>** beginning at **4:30PM** at the **Calcasieu Parish 4-H Office**

## 4-H Challenge Camp

A camp that is designed to support school system curriculum for **7th—8th** grade students. Youth will...

...understand and demonstrate the ability to work cooperatively to solve a problem or complete a task.

...identify barriers to effective communication within a group and use various communication methods to express ideas to group members.

4-H Challenge Camp is full of activities that increase self-confidence and self-reliance in young people.

### What to wear to Camp:

- Comfortable closed toed shoes
- 4-H T-Shirt
- Pants (no leggings), or shorts that reach the length of the tips of your fingers
- Socks will need to be worn with shoes, they are required to bowl

### What Parents Should Know:

4-H Challenge Camp is one of the most valuable encounters a young person can have. This premier learning experience guides youth in understanding and practicing team building, decision making, communication, and conflict resolution skills through practical application in the great outdoors. They learn about setting and achieving goals as a group, getting along with others, and appreciating people with different interests and backgrounds.

Through almost 10 hours of researched-based youth development training specific designed for early teens, 4-H

Challenge Camp encourages youth to create team spirit, build self-reliance skills, and enhance self-esteem while developing new friendships with peers and adults. The final goal is for youth participants to apply and practice the skills learned at 4-H Challenge Camp at home, in their schools, and in their communities when they return home.



## CHALLENGE CAMP PRE-REGISTRATION

RETURN THIS PORTION OF THE CLOVERLEAF ALONG WITH  
YOUR CAMP FEE TO THE CALCASIEU PARISH 4-H OFFICE

DUE DATE: **OCTOBER 15<sup>TH</sup>** 2021 BY 4:30PM

CAMP DATE: NOVEMBER 30 2021

WHERE: ROCK'N BOWL, 905 JEFFERSON STREET,  
LAFAYETTE, LA 70501

WHO: 7<sup>TH</sup> AND 8<sup>TH</sup> GRADE 4-H MEMBERS

COST: **\$30.00**

CAMPER NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_ GRADE: \_\_\_\_\_

AGE: \_\_\_\_\_ GENDER: \_\_\_\_\_

PARENT NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SCHOOL: \_\_\_\_\_