



Acadia Parish 4-H



The Clover Leaf

March 2022

Acadia Parish Extension Office

157 Cherokee Drive
Crowley, Louisiana 70526
Phone: 337-788-8821
Fax: 337-783-2639
Office Hours: M-F 8:00 AM- 4:30 PM

March

2 Lego Workshop
2 Jr. Leader Fish Fry 5-7 PM
3 Sewing Club Meeting 5:30 PM
4 Photography Contest Entries Due
4 Record Books Due
5 State Rabbit Show
6 Rifle Practice 1:00 PM Apple Rd Iota
6 Shotgun Practice 12:30 PM GOL
7 Jr. Leader Meeting 5:30 PM
7 4-H U Registration & Payment Due
7-13 Regional Shooting Sports Competition
10-12 JLC
13 Archery Practice 12:30 PM Rice Arena
17 Sewing Club Meeting 5:30 PM
18 Beef & Dairy Posters Due
20 Shotgun Practice 12:30 PM GOL
23 Marsh Maneuver Application Due
24-26 Co-Op Conference
25 Achievement Day Midland High
27 Archery Practice 12:30 PM Rice Arena
28-April 2 Regional Shooting Sports Competition

April

1 Horse Possession Date
4 Jr. Leader Meeting 5:30 PM
7 Sewing Club Meeting 5:30 PM
10 Shotgun Practice 12:30 PM GOL
12 Outstanding Member Banquet 6 PM
21 Sewing Club 5:30 PM
24 Rifle Practice 1:00 PM Apple Rd Iota
25-May 1 State Shooting Sports Competition

March Club Lesson-Healthier Foods Fast

Did you know that one-third (36% of young people) of children and adolescents across the US eat fast food each day, according to the U.S. Center of Disease Control and Prevention? Fast foods are ok sometimes, but they usually only include a few fruits and vegetables, are high in fat, sugar, and calories and do not include whole grains. Sweetened drinks are often part of the meal as well. It is likely that we all will eat fast-food on occasion so this month we will talk about ways to eat healthier when we eat out. Before you get into a Fast-Food Frenzy join us this month to learn how to be mindful when making choices the next time you are at the drive through window.

Shooting Sports

4-H Southern Regional match is March 7-13th in Ascension for Smallbore Rifle and March 28-April 3rd in West Baton Rouge for Archery and Shotgun. Just a few reminders about Southern Regionals: In order to qualify, each participant must have their hunter safety card (temporary or permanent) as of December 31, 2021 and have a minimum of 8 hours of official practice time. Each participant is required to furnish their own ammunition. Parish equipment must be signed out from the office during business hours. Please continue to check your email, text messages and/ or the Facebook page for important information.

2022 Dairy Poster Contest

This activity will encourage youth to learn more about milk and milk products and their importance to healthy bodies, demonstrate communication skills by drawing a billboard encouraging or promoting the consumption of milk and/or milk products and share their knowledge with others. Any bonafide 4-H club member is invited to participate. Posters are due to the 4-H office by **March 18, 2022**.

1. Billboard design must be made on 22"x 28" regular poster board size only. 2. **DO NOT ATTACH** anything to the poster that is more than ½" thick. 3. *Do not use the commercial brand names of products on the poster. Do not use jingles, slogans, signs or pictures that are trademark or copyright protected on the poster.* 4. **BE SURE** to print NAME, ADDRESS, GRADE & SCHOOL on the back of the poster in the upper right-hand corner. 5. A 4-H club member is allowed to win first place in each division **ONLY ONCE**. 6. First place parish winning posters become the property of the Extension Service and will be displayed at statewide events.

DIVISIONS: Division I -4th, 5th and 6th grades, Division II -7th and 8th grades, Division III -9th, 10th, 11th and 12th grades.

2022 Beef Poster Contest

This activity will encourage participants to learn more about the beef industry while encouraging beef industry, product, and nutrition promotion. Participants will develop a visual form of marketing communication to convey thoughts and ideas. Participants are expected to create original work. The contest is open to 4-H and FFA members between 4th and 12th grades. *A 4-H or FFA member is allowed to win each division only once at the state level.* Posters submitted to the state competition become the property of the LSU AgCenter and Louisiana Beef Industry Council. The state winning posters may be used to promote beef at various events. Posters are due to the 4-H office by **March 18, 2022.**

RULES FOR 2021 4-H BEEF POSTER CONTEST

1. 2022 LBIC Beef Poster Contest Theme: **All About Beef** **2.** Posters must be on "22 x 28" poster board only. **3.** Place your NAME, ADDRESS, AGE, GRADE & SCHOOL on back, upper right corner of poster. **4.** Digital entries must be designed using one of the following programs: Microsoft Publisher, Adobe Photoshop, Adobe Illustrator and Canva. Digital designs should be formatted for "22 x 28" poster size prints. All digital entries must be saved in high-resolution 300 DPI in ALL of the following: original design file, .png file format, and .pdf file format. Digital designs should be saved to a blank jump drive, placed in a 3 ½x 6 blank envelope labeled with NAME, ADDRESS, AGE, GRADE & SCHOOL on the front. **5.** Posters and digital designs should generate positive images and promotion of beef (not live cattle production) using the indicated theme. Posters should promote

beef without projecting any negative messages towards other agricultural commodities (chicken, pork, etc.). **6.** DO NOT use copyrighted materials. You may develop ideas from magazines, parents, friends, nutrition bulletins, Beef Ambassador Fact Sheets and meat publications but the end concept should be original and not copied material. NO TEMPLATES may be used in the digital division. All design work must be original and from scratch, just as a poster would be designed. Pictures, clipart and materials (i.e., cartoon characters, advertisements, logos, etc.) that are copyrighted may not be used on the poster. The poster will be disqualified if copyrighted materials are used. Computer generated clipart may be used on the poster if it is not copyrighted material.

RECOGNITION AND AWARDS IN THE FOLLOWING DIVISIONS (parish contests):

Division I - 4th- 6th grades, Division II - 7th-9th grades, Division III POSTER 10th - 12th grades, Digital Division - 4th - 12th grades (Those participating in the digital division must choose to do either a poster or digital. Cannot do both.) Awards: first place-state winning poster in each division will receive \$200 sponsored by the Louisiana Beef Industry Council, second place winning posters in each division will receive \$100 sponsored by the Louisiana Beef Industry, third place winning posters in each division will receive \$50 sponsored by the Louisiana Beef Industry.

Horse Exhibitors

If you are planning to exhibit a horse this summer for the district and state horse shows, please contact the 4-H Office. You must have possession of your horse prior to **April 1, 2022.**

Achievement Day

We are excited about the 2022 Achievement Day and cannot wait to see everyone at Midland High on **March 25, 2022!**

All youth attending will get the opportunity to take part in the fun and educational activities throughout the day! For more details contact your school club leader. Each club can participate in the song contest, as well as the club t-shirt design contest. Awards for record books and photography will be given out at the awards ceremony. We will also be awarding Best Mannered Club, Most Enthusiastic Club, and Club Service Award during Achievement Day. We cannot wait to see you there!

Outstanding Member Banquet

Mark your calendars! This year the Outstanding Member Banquet will be held on **Tuesday, April 12, 2022** at the Rayne Civic Center. The ceremony includes a meal and presentation of awards. Each school's 4-H club leader(s) select the outstanding members that will be invited to attend. A formal invitation will be sent via mail to selected 4-H members. Being selected is a great honor and is no cost to you. Your school pays for you and two parents/ guardians to attend. If you are interested in knowing if you qualify to attend, please see your 4-H school club leader(s). All seniors that are receiving a 4-H parish honor cord are invited and should receive an invitation in the mail as well.

Summer Camp

At the January club meetings youth in grades 4th-6th were given a project book. These books were to be completed (three sections minimum) and turned in by March 4, 2022. Once we receive the completed books, eligible youth will receive notification on if they were selected to attend. Please be aware that this situation is subject to change due to notifications or changes from the State office.



Chef Camp

Have you ever thought about learning how to cook and make healthy meals like a professional? Well, I have the camp for you! Join Chef Camp this summer for creating delicious and healthy foods. This camp is open to 4th-6th grade youth in the Acadia Parish. While at Chef Camp, you

Megan Smith Sarver

County Extension Agent (4-H)
msarver@agcenter.lsu.edu

Kayla Haydel Segura

County Extension Agent (4-H)
khaydel@agcenter.lsu.edu

will learn about MyPlate, living healthy and food preparation skills. The dates for camp are July 26-28, 2022, from 9:30 am to 2:30 pm at the Acadia LSU AgCenter. You'll be able to eat the foods that you prepare! There is no cost to attend. We have 10 spots available. So, act Fast! You will need to fill out the registration form below to sign up by either clicking the link below or scan QR code.

<https://tinyurl.com/22CHEFCamp>



Sewing Camp

Once again, we will be hosting two summer sewing camp open to all 4-H members in Acadia and Jeff Davis Parish at the Acadia Parish Extension Office (157 Cherokee Drive, Crowley, LA 70526). The first camp will be June 27-28 for beginners and June 29-30 for experienced sewers. Experienced sewer should be able to thread machine and load a bobbin without

assistance. Youth attending the beginner camp will be prepared to participate in the second camp if they wish. Due to limited space, 4-H'ers will be accepted on a first come, first served basis with paid registration fee and all completed forms. **Registration and fees are due May 5, 2022.** A waiting list will be maintained for alternates. Registration forms are included in the registration link: <https://tinyurl.com/4HSewCamp>. Pick up and drop off times will be 1 P.M. and 5 P.M. each day respectively. The registration fee is \$40 per camp and covers snacks, drinks, and some supplies. Youth should bring a sewing machine if they have one. If not, a limited number of sewing machines can be checked out from the 4-H Office. Once registration closes a supply list will be sent to all participants.



Keep up to date on all things 4-H!

www.lsuagcenter.com/acadia4h

[Facebook](#)

www.facebook.com/acadia4H

[Instagram](#)

www.instagram.com/acadia4h/

Remind Text (text @4-halerts to 81010 to stay up to date with deadlines and new events)

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

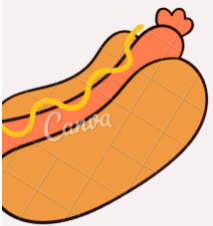


MyPlate Tips for Eating Out



Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.

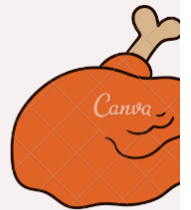


Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.

Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.



Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.



Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.



Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.



<https://www.myplate.gov/tip-sheet/dine-out-take-out>

