

4-H FALL FEST

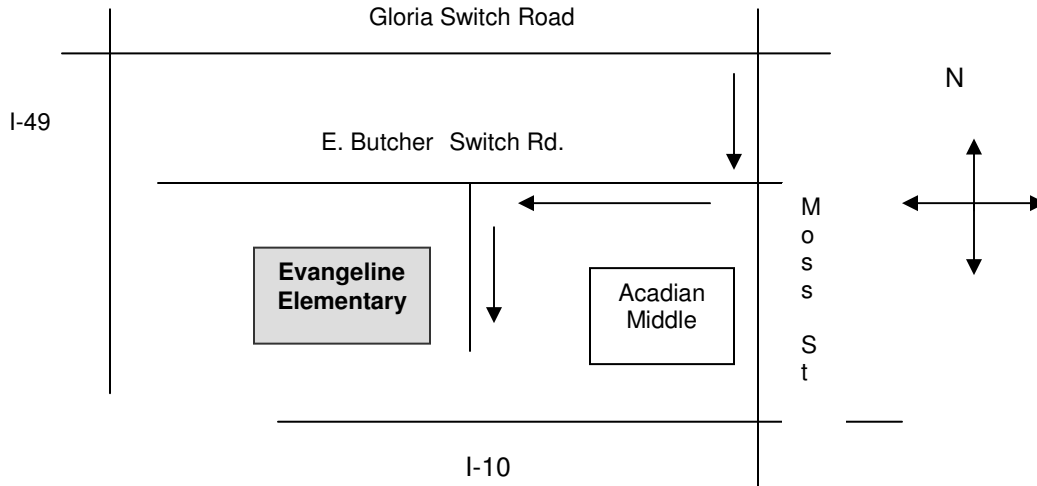
Evangeline Elementary

NOVEMBER 7, 2009

Lafayette Parish
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<http://la4h.org/lafayette>

4-H Fall Fest is the 1st big 4-H contest day of the school year. It will be held at Evangeline Elementary School and will include a variety of 4-H contests. See map below for directions. Contests and starting times are listed below. Read specific rules to find out what time to report for each contest.

Parents, you may bring lawn chairs to set out on the grounds while the contests are taking place. Fall Fest is well attended and we hope you will enjoy this family oriented event.



ARRIVING TIME	CONTEST	STARTING TIME
8:00 AM	BICYCLE RODEO	8:30 AM
8:00 AM	FOOD AMBASSADOR CONTESTS	8:30 AM
8:00 AM	FOODS EXHIBIT CONTESTS	8:30 AM
8:30 AM	RABBIT SHOW	9:00 AM
9:00 AM	DOG SHOW	9:30 AM
9:30 AM	4-H SAFETY POSTER JUDGING	10:00 AM
10:00 AM	PET SHOW	10:30 AM
9:30 AM	COMPACT TRACTOR DRIVING (pre-registration required)	10:00 AM



GENERAL RULES AND REGULATIONS

- 1) All contests are open to all 4-H members in Lafayette Parish, except Compact Tractor Driving, which is open only to 4-H'ers in grades 9 - 12. 4-H'ers will be allowed to enter any/all contests as time permits.
- 2) For Ambassador contests, contestant compete as an individual.
- 3) Study materials for conducting ambassador contests are available for those contests. Contact the 4-H Office for more information. A 4-H'er may enter in more than one contest, provided that the illustrated talk is appropriate for that contest.
- 4) For the Poster Contest, Bicycle Rodeo and Best Dressed Pet Contest, 4-H'ers will be divided into three divisions for competition. Elementary (4-6 grades), Junior (7-8 grades) and Senior (9-12 grades).
- 5) Rabbit Show, Dog Show, and Pet Show animals will be assigned to specific classes and all 4-H'ers will compete against one another within these classes. All animals must be restrained (leash, cage, aquarium, etc.)
- 6) **ALL CATS AND DOGS ENTERING THE PET SHOW, DOG SHOW OR BEST DRESSED PET SHOW MUST HAVE PROOF OF RABIES VACCINATION. NO ANIMAL WILL BE PERMITTED WITHOUT PROOF OF VACCINATION. ONLY DOMESTICATED, HOUSEHOLD ANIMALS ARE ALLOWED IN THE PET SHOW (NO FARM ANIMALS AND NO CAPTIVE WILD ANIMALS).**
If a pet bites your child, yourself, another person, or another pet - and you seek medical attention at either a doctor's office or a hospital - The medical provider must report the bite to Lafayette Parish Animal Control. Consequently, Animal Control has the obligation to impound and quarantine the animal for up to 10 days for Rabies observation, regardless of whether the animal is current on its Rabies vaccination (Lafayette Parish Ordinance).
- 7) Winners of the rabbit show, pet show, and dog show will be awarded all ribbons following the conclusion of these contests. The top five winners of the cookery contest, poster contest, bicycle rodeo, compact tractor will be awarded ribbons for 1st - 5th place at Fall Fest. All other 4-H'er's awarded ribbons (blue, red, white) will be given their ribbons at 4-H club meetings. Driving contests may be canceled if pre-registration indicates low participation.

SPECIFIC RULES AND REGULATIONS

4-H SET Poster Contest – To reinforce the (SET) SCIENCE, ENGINEERING, and TECHNOLOGY lessons which will be covered at the monthly club meetings, design a poster to promote SET. The poster should be eye appealing and designed as if for a billboard or poster, being limited in use of words, using brief catch phrases/slogans.

Posters may include one or more of the following topics: **Hurricane Hazards** (Hurricane Awareness), **Blood and Guts** (Human body organs and their functions), **The Web of Life** (Ecosystems), **Go With the Flow** (The paths of Electricity), **Magnet Mania** (Poles of Magnets), **Earth Works** (Layers of the Earth), **Dead or Alive** (Protecting our Ecosystems).

Poster must be a full size poster board of any color (no foam board, science fair boards, or 1/2 size posters); must not have anything attached or glued to the poster which is over 1/2 inch in height; no glitter.

4-H'ers will be divided into 3 divisions for competition. Elementary (4-6 grades), Junior (7-8 grades) and Senior (9-12 grades).

An Overall Champion Poster will be selected which encompasses a general SET (Science, Engineering, and Technology) theme and promotes 4-H as well. This winner will be asked to use the theme from this poster to set up the stage display at 4-H Achievement Day this Spring. The winner may recruit family and fellow club members to assist with the stage set-up.

I Bicycle Rodeo

- 1) The contest will start at 8:30 a.m. with registration beginning at 8:00 a.m. Contestants will ride in the order that they register.
- 2) Contestants will be given extra points for wearing safety helmets. Contestants are asked to furnish their own bicycles. If this is not possible, an attempt will be made to borrow a bicycle for you.
- 3) Only 4-H members are allowed to ride bicycles and only in designated areas.
- 4) The competition will consist of 4-H'ers riding through the 4-H bicycle obstacle course.
- 5) The obstacle course will consist of 6 obstacles. For a copy of the obstacle course, see your leader or contact the 4-H office.

II. Commodity Ambassador Program

Egg, Chicken, Turkey, & Seafood Contests (Individual).

- 1) Competition will be divided into three divisions: Division I (4,5,6 graders); Division II (7,8,9 graders); and Division III (10, 11, 12 graders).
- 2) The winner in each division will represent Lafayette Parish in the State Contest in the Spring.
- 3) Each Commodity (egg, chicken, turkey, & seafood) Ambassador Program consists of 5 categories.
 - 1) Production of commodity
 - 2) Food preparation and nutritive value
 - 3) Food safety practices
 - 4) Processing
 - 5) Marketing
- 4) Division I – (Grades 4-6) Contestant designs (a) standard poster 22" X 28" relating to one of five categories listed above; (b) presents a 2-3 minute explanation of poster subject.

Division II – (Grades 7-9) Contestant designs (a) standard poster 22" X 28" relating to one of the five categories listed above; (b) members prepares an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about the selected subject; (c) presents at 2-3 minutes explanation of subject.

Division III – (Grades 10-12) Contestant will present a 5-8 minute illustrated talk (no PowerPoint presentations allowed). Examples include: Nutritional Value, Economic Value, Cooking Principles, Versatility, Food Safety, Role in Today's Healthy Diet, Commodity's Place in Agriculture, Role in our National Economy, Role in Protecting the Environment.

For resource material in preparing for these talks, contact Mrs. Angie or Ms. Nikki at 291-7090.

(a) Chicken Ambassador Illustrated Talk

- (1) Present an illustrated talk on Chicken. No cooking allowed.
- (2) Only posters are allowed. Costumes based on the theme are acceptable.
- (3) Presentation should be 5-8 minutes in length.

(b) Turkey Ambassador Illustrated Talk

- (1) Present an illustrated talk on Turkey. No cooking allowed.
- (2) Only posters are allowed. Costumes based on the theme are acceptable.
- (3) Presentation should be 5-8 minutes in length.

(c) Egg Ambassador Illustrated Talk

- (1) Present an illustrated talk on eggs.
- (2) Only posters are allowed. Costumes based on the theme are acceptable.
- (3) A dish is required for this division. The dish may be an appetizer salad, main dish or Dessert, following the same requirement as the dish for the commodity cookery.
- (4) The presentation should be 5-8 minutes in length.

(d) Seafood Ambassador Illustrated Talk

- (1) Present an illustrated talk on Seafood. No cooking allowed.
- (2) Only posters are allowed. Costumes based on the theme are acceptable.
- (3) Presentation should be 5-8 minutes in length.

III Foods Exhibit Contests (COOKERY CONTESTS)

THIS YEAR: A registration form must be filled out prior to your arrival to the contest. These forms can be found on our parish website at: <http://la4h.org/lafayette>. From the parish website, click on contest rules and forms. Please have this form filled out with all necessary information. **NEW RULE: PLEASE DO NOT PUT YOUR NAME ON YOUR RECIPE!** This is what your registration form is for. We will assign you a number for your dish at check-in.

ATTENTION: All dishes entered **MUST** be thoroughly **COOKED AND CHILLED** when brought for judging. Failure to meet this standard will result in the dish being **DISQUALIFIED**.

ALL DISHES MUST BE TRANSPORTED ON ICE IN AN ICE CHEST AND ACCOMPANIED WITH A RECIPE (RECIPES SHOULD NOT HAVE 4-HER'S NAME ON IT. You will present your dish in an ice chest to contest officials for food safety inspection. Your dish will be disqualified if it is not completely cold and packed on ice in an insulated ice chest at the time of inspections. **NO EXCEPTIONS!** After the dish is inspected, 4-Her's only (**NO PARENTS**) will be allowed into the cafeteria to register their dish at the designated table. Next, you (The 4-H'er) will bring your dish to your designated table to set up.

PLEASE DO NOT FORGET TO PLACE YOUR RECIPE UNDERNEATH YOUR DISH! RECIPES SHOULD NOT HAVE THE CHILD'S NAME ON IT.

As you set up your dish, please make any last minute preparations to your dish as quickly as possible so that the judges may begin on time. **NO PARENTS** or **FRIENDS** will be permitted past the inspection point or into the Cafeteria. A contest representative can help carry an ice chest if it's too heavy. **NOTE:** Use normal-sized serving dishes. Do not exceed 18 inches. This is to be sure there is enough space for everyone. Serving utensils will not be allowed. These will be provided to the judges by the agents.

Microwaves will be available for judges to heat samples before tasting dishes.

All exhibits will be disposed of for food safety reasons. **NO** exhibits will be returned, so **please use disposable plates for exhibits**. For this reason, the entire dish will not be required for the contest. A sample of 4 to 6 servings is requested for judging, except for sugar cookery dishes only, in which you may opt to bring the entire sugar dish if decoration is emphasized. Please, submit a copy of the entire recipe along with **4 to 6 servings (or entire sugar dish) on a disposable container**.

1) Rice Cookery Contest

(a) Contestants must bring 4-6 servings of a prepared rice dish, containing at least 1 cup of cooked rice.

Wild rice is not a cultivated rice in Louisiana and does not meet the requirement of 1 cup rice for this contest. Dishes containing rice products such as rice cereal, rice flour, etc. must also contain cooked rice.

(b) Attach a copy of the recipe for the entire dish. - The recipe must contain the name of the dish, how much rice it contains, and clear preparation instructions.

(c) The entry must be in one of the following categories:

- (1) Rice Main Dish
- (2) Rice Side Dish
- (3) Rice Dessert

(e) Winners in each category will represent Lafayette Parish in the District Cookery Contest.

2) Seafood Cookery Contest

(a) Contestant must bring 4-6 servings of a prepared seafood dish. The servings must be chilled to refrigerator temperature following preparation in order to prevent food poisoning.

(b) The dish must use at least one cup of seafood. The seafood must be fresh, frozen, pasteurized or dried.

Canned seafood will not be acceptable.

(c) Surimi, an artificial crab made from fish, cannot be used.

(d) There can be no raw seafood in the final dish.

(e) Attach a copy of the entire recipe to the dish.

(f) The contest will be divided into five categories:

- (1) Oyster
- (2) Crab
- (3) Shrimp
- (4) Fish and other seafood (must be species from Louisiana)
- (5) Crawfish

(h) Winners in each category will represent Lafayette Parish in the District Cookery Contest.



3) Beef Cookery Contest

(a) Contestant must bring to the contest 4-6 servings of a prepared ground beef dish.

(b) A minimum of 1 pound of ground beef must be used for the recipe, but only 4-6 servings must be exhibited at contest.

(c) Attach a copy of the entire recipe to dish. **The recipe must include the required information in rule (e).**

(d) The entry must be in one of the following categories:

- (1) Low-Calorie Main Dish - a dish which provides less than 300 calories per serving. Number of calories are to be stated on recipe. Use "calories and weight, the USDA Pocket Guide".
- (2) Quick & Easy Main Dish - a dish that is ready to serve in less than one hour. The time for each step and for cooking or baking must be stated on recipe.
- (3) One-Dish Meal - a dish that provides foods from at least three of the main food groups from "My Pyramid". Foods and food groups must be stated on recipe.

(e) Winners in each category will represent Lafayette Parish in the District Cookery Contest.

(4) Sugar Cookery Contest

(a) Bring to the contest a prepared dish. This recipe must contain at least **(1) cup of sugar**.

(b) There can be **NO** raw eggs in the final product.

(c) Attach a copy of the recipe to the dish.

(d) The entry must be in one of the following divisions:

- (1) Baked Items - Breads, Cakes, Pies, Cookies, and Brownies.
- (2) Other Desserts - Candies, Icebox Pies, and Ice Cream. No part of the dessert can be baked. This category does not include jam, jellies and preserves.

(e) Winners in each category will represent Lafayette Parish in the District Cookery Contest.

V Rabbit Show

- 1) Will begin at 9:00 AM. Contestants should arrive by 8:30 AM.
- 2) Exhibitors should already have enrolled in the Rabbit Project and received a rabbit entry form to enter their rabbit(s) in the show. Rabbits must be pre-registered (See Rule 7).
- 3) Exhibitors must have had their rabbits by October 8th.
- 4) Rabbits do not have to be registered, but each rabbit brought to the show must have an ear tattoo or ear mark (marks-a-lot) for identification. (left ear).
- 5) Rabbits will be classed according to breed, sex, and age (under and over 6 months) with exhibitors allowed to show no more than one rabbit per class.
- 6) Breed classes will be Californian, Mini Lop, Dutch, Satin, Netherland Dwarf, Holland Lop, and AOB (any other breed). Any other breed with 3 or more rabbits will also make a class. If you are unsure about the breed of your rabbit, contact the 4-H office.
- 7) Completed forms must be turned in to the 4-H office by October 8th. They may be found on our parish office website at www.lsuagcenter.com.
- 8) Rabbits showing any symptoms of disease may be excluded from exhibition, and asked to be removed from show area. **CAPTIVE WILD RABBITS ARE NOT ALLOWED.**
- 9) All rabbits not properly entered as explained above will be assigned into a "late entry" class and will not have a chance to compete for championship honors.
- 10) 4-H members should be at Fall Fest to show their own rabbits. Another 4-H'er can place the rabbit on the judging table if that exhibitor is participating in another 4-H contest.

VI Compact Tractor Driving

- 1) Will begin at 10:00 AM. Participants must **PRE-REGISTER** for this contest by **November 1st!** Contact Mr. Charles at the 4-H office in order to pre-register at 291-7090.
- 2) Contestants must be in grades 9 - 12.
- 3) Contestants will drive through a pre-set obstacle course on a riding lawn mower.

VII Dog Show

- 1) Will begin at 9:30 AM. Registration will open at 9:00 AM.
- 2) **ALL DOGS MUST HAVE PROOF OF CURRENT RABIES VACCINATION. NO DOG WILL BE PERMITTED ON THE CONTEST GROUNDS WITHOUT PROOF OF VACCINATION.**
- 3) **ALL DOGS MUST BE ON A LEASH.**
- 4) All dogs will be judged on cleanliness, confirmation, grooming, ability to be led on a leash, and response to basic commands.
- 5) Dog will be classed according to age and size with exhibitors allowed to show no more than one dog per class.
- 6) The classes will be Large Breed, Medium Breed, and Small Breed Adult Dogs (one year of age or older) and Large Breed, Medium Breed, and Small Breed Puppies (less than one year of age).



VIII Pet Show

- 1) Will begin at 10:30 AM. Registration will open at 10:00 AM.
- 2) The Pet Show will be open to all household pets except rabbits and dogs, since they each have their own show. However, rabbits and dogs will be allowed to enter the best dressed pet class. **FARM ANIMALS AND CAPTIVE WILD ANIMALS ARE NOT ALLOWED AT FALL FEST.**
- 3) Classes will be divided as follows:
 - (a) Cats - divided into Long Haired and Short Haired Adult Cats (one year and over) and Long Haired and Short Haired Kittens (less than one year). **ALL CATS MUST HAVE PROOF OF CURRENT RABIES VACCINATION. NO CAT WILL BE ALLOWED ON THE CONTEST GROUNDS WITHOUT PROOF OF VACCINATION. "ALL CATS MUST BE ON A LEASH!**
 - (b) Birds - will include all feathered animals.
 - (c) Marine - will include fish, shell fish, reptiles, and amphibians.
 - (d) Miscellaneous - any pet not fitting into one of the previous categories.
 - (e) Best Dressed Pet - all species of pets can compete with the dressing to be done in the show ring by the exhibitor with a 10 minute time limit. This category will be divided into three age groups, Elem. Division (4-6), Junior Division (7-8) and Senior Division (9-12).
- 4) Cats will be judged on grooming, cleanliness, and confirmation. The criteria for judging the Best Dressed Pet will be based on final appearance and creativity. The criteria for judging all other classes will be based on the variety of exhibitors within each class.