



# 4-H Cookery Contest

Tuesday, February 17th  
 Set Up & Registration 5:00 pm to 5:25 pm  
 Judging Begins 5:30 pm

Please call the 4-H office to pre-register by  
 February 13, 2009



# Catahoula Clover Chronicles

January 2009

## Photo Contest Results!

### 4th-6th Division:

- 1st place: Whitley Prudhomme HBJH
- 2nd place: Sidney Spinks JJH
- 3rd place: Taylor Williamson CHS Jr.
- Honorable Mention:
- Mallory Franklin HES
- Stormi Ewing HBJH
- Ambrill Tolliver SIES
- Mary Kate Ferguson CHS Jr.

### 7th-8th Division:

- 1st place: Devinne Cain MJH
- 2nd place: Ciara Yarrington HBJH
- 3rd place: Devinne Cain MJH

**Congratulations to these great photographers! The photos submitted were excellent!**



## 4-H Photography Contest February Theme: Animals

Name: \_\_\_\_\_

Grade: 4-6      7-8      9-12

School/Club: \_\_\_\_\_

By signing below, I attest that my child has taken the photo entered into the 4-H photography contest himself/herself, and have given my consent for the picture to be judged.

Parent signature: \_\_\_\_\_

Attach this form to the back of your photo and turn in at the next club meeting.

### Upcoming 4-H Events

#### January

12th-15th: 4-H Meeting Week  
 26th: Jr. Leader (6pm)

#### February

4th-7th: District Livestock Show  
 17th: Cookery Contest (5 pm)  
 20th: Dairy/Beef Posters Due  
 23rd: Jr. Leader (6 pm)

#### March

13th-15th: JLC  
 16th: Jr. Leader (6 pm)  
 19th: Regional Cookery Contest  
 26th-28th: TEAM Camp

#### April

1st: Project/Record Books Due  
 20th: Jr. Leader (6 pm)  
 23rd: Speech & Demo Night

#### May

1st: Achievement Day!  
 7th: Wildlife Day

#### June

3rd: 4-H Day at the Capitol  
 23rd-26th: 4-H U

#### July

1st-2nd: Northeast Horse Show  
 27th-31st: 4-H Camp

#### August

3rd-7th: LOST Camp

### Upcoming Photography Themes

March: Story or a Series 4-6 pic-

Made Available by:  
 Ms. Paige Thompson  
 Asst. Ext. Agent/4-H,  
 Courthouse Bldg, Room 302  
 P. O. Box 160  
 Harrisonburg, LA 71340  
 318-744-5442 (office)



If you have a disability which requires special assistance for your participation in 4-H meetings and activities, please call the Catahoula Extension Office at 744-5442. Membership and participation in activities and events is open to all citizens without regard to race, color, national origin, gender, religion, age, veteran status, or disability. The LSU AgCenter provides equal opportunities in programs and employment.

### General Requirements:

1. Dishes must be already prepared and ready to serve. As with all 4-H food related contests, dishes must be chilled and transported in an insulated ice chest filled with ice. Dishes not properly chilled will be disqualified. (Tip: Cook your dish the day before the contest so it has plenty of time to chill properly.)
2. A written or typed recipe must be included with each dish.
3. A 4-H'er may enter as many dishes as they like into the parish contest. However, each 4-H member is limited to only one dish at the area contest.
4. Unlike other contests, there are no age divisions in the cookery contests ... only food divisions.

### Food Divisions and Requirements

**Pecan:** Dish must contain at least one cup of pecans. Any type of pecan dish may be entered.

**Sweet Potato:** Dish must contain a minimum of one cup of fresh, canned or frozen sweet potatoes. Any type of sweet potato dish may be entered.

**Egg:** Dish must utilize a minimum of four raw eggs. This can be four whites, four yolks or four whole eggs. The rule is: You must break four eggs to make the recipe! No raw eggs allowed in the final product. The recipe with four eggs must make one standard sized dish (ie: one pie or one 9"x13" casserole, etc). Any type of egg dish may be entered.

**Chicken:** Dish must contain a minimum of two pounds bone-in or one pound of de-boned chicken meat. Any type of chicken dish may be entered.

**Beef:** Dish must contain a minimum of one pound boneless beef or two pounds bone-in beef. All be should be cooked until gray in color, not pink and juices run clear. Any type of beef dish may be entered.

Judging will begin at 5:30 pm sharp. Winners will be announced at approximately 6:30 pm. 4-H'ers are encouraged to be present for the judging and announcement of winners, as there will be an educational activity during that time. All first place winners will be eligible to compete in the regional commodity cookery contest in Alexandria on March 19th.

# 4-H ONLINE!

## 4-H Clubhouse

There is a new website just for 4-H'ers! Visit the 4-H Clubhouse at [www.4-hclubhouse.com](http://www.4-hclubhouse.com) to play hundreds of games and quizzes, view videos and find downloadable activities.



## 4-H: The Original Green

Do you care about the environment? Want to make a difference in keeping our earth a green? Then this is the 4-H website for you! Visit this website to find out cool facts about the environment and easy ways to be green. There are games, activities, an interactive blog, among other things. Best of all, this website was developed, designed and managed by 4-H'ers from all over Louisiana! Check it out for yourself at [4htheoriginalgreen.com](http://4htheoriginalgreen.com)

## Catahoula 4-H Online

Be sure to check out our parish website for newsletters and information on upcoming 4-H activities! You can find us on the web at: [http://www.lsuagcenter.com/en/our\\_offices/parishes/Catahoula/](http://www.lsuagcenter.com/en/our_offices/parishes/Catahoula/)



Coming Soon ...Flickr and Facebook for Catahoula Parish Jr. Leaders!

## SMART CHOICES—SNACKS!

Snacking should be a planned part of our diets. Although snack foods provide some important nutrients, many are high in fat and sodium and low in other important nutrients. Some people think that snacking is bad because they think of junk food when they think of snacks. Snacks should not be junk food. Instead, keep some healthy snacks like granola bars or an apple with you. When snack attacks strike, you can get rid of your hunger. Healthy snacks are packed with nutrients your body needs to grow strong and stay healthy. Does this mean that you can never eat a sweet or salty snack that you love? Of course not! It's OK to eat junk food in moderation if you don't eat it often or eat a lot of it at one time. Just make most of your snacks healthy foods!

Here are some easy, healthy snack food choices:

- Low-fat cheese and crackers
- Cereal bar or granola bar
- Light microwave popcorn
- Low-fat or non-fat yogurt
- Graham crackers or celery with a tablespoon of peanut butter
- Canned fruit (packed in own juice or water)
- Orange, apple, banana, or other fresh fruit
- Peanut butter and crackers
- Pretzels
- Raisins
- Baby carrots with up to 2 tablespoons reduced-fat ranch dressing



Good Luck to all Catahoula 4-H'ers competing at the District Livestock Show February 4th-7th!

### Poultry

Noah Ainsworth  
Megan LaPrairie  
Shana LaPrairie  
Kalip Neal  
Jake Townsend

### Commercial Heifers

Emily Huff  
Matthew Huff  
Zach Yell

### Brahman Bulls

Charlea Edwards  
Jessica Edwards

### Steer

Christopher Meyers



## Achievement Day Update!

It won't be long until Achievement Day is here! This year, we will once again gather at Harrisonburg Elementary school for a fun day of competition and games. Here's some information to get you started as your club begins to plan and prepare for the BIG day.

When: Friday, May 1, 2009

Theme: Western

Project/Record Books Due: April 1st



## Get MOOVing to enter this contest!



Diary and Beef posters are due to the 4-H office by February 18th. Winners will be announced at the March 4-H meetings.

### General Rules:

- \*4-H'ers can enter both contests, but only win 1st place in one.
- \*Do not use copyrighted materials (slogans, pictures, etc)
- \*Do not use clip art! This is a chance to show off your artistic abilities.
- \*Write your name, grade, and club on the back of the poster.

### Beef Poster Contest

Make a poster that tells about beef and beef products. Poster should form positive images of beef and beef products and not produce negative images of other food products.

\*Poster must be on 11" x 14" white poster board.

### Dairy Poster Contest

Draw a billboard that encourages the consumption of milk and milk products, and their importance for health.

\*Billboard design must be on a 22" x 28" poster board

\*Do not attach anything to the poster that is more than 1/2" thick.