



# 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

### 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.

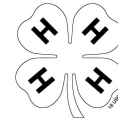
**Sweet Potato:** Dish must contain a minimum of one cup of fresh, canned or frozen sweet potatoes. Any type of sweet potato dish may be entered.

**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.



# Catahoula Clover Chronicles

February 2009

### Upcoming 4-H Events

#### February

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

10th: 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

### Photo Contest Results!



#### 4th-6th Division:

1st place: Stormi Ewing HBJH  
 2nd place: Sidney Spinks JJH  
 3rd place: Alexis LaPrairie JES  
 Honorable Mention:  
 Khadeezjah Arrington HBJH  
 Stormi Ewing HBJH

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

### 4-H Photography Contest

March Theme: Picture Series

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.

### DON'T FORGET!



The 4-H office is currently signing up 4-H'ers for Challenge Camp, Summer Camp, LOST Camp and 4-H University. Call 744-5442 for more information!



Happy  
 Valentine's  
 Day!

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.

## 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 10th  
NO EXCEPTIONS!



## 4-H'ers Take Heart!



For many of us, February means Valentine's Day, and Valentine's Day means candy ... lots and lots of candy! But February is also National Heart Month. The heart is one of the most important organs in our bodies. We need to take care of it in order to live a long and healthy life.

Here are some ways that you can start to be Heart Smart in 2009!

- \*Limit your intake of fat, sugar and salt
- \*Choose more whole grains breads
- \*Eat more fresh fruits and veggies
- \*Eat low fat dairy products
- \*Choose lean meat and poultry
- \*Include more fish in your diet ... but not fried fish!
- \*Eat smaller portions
- \*Be physically active for 30 to 60 minutes a day
- \*Decide right now that you will not ever begin smoking



## Valentine Ladder Puzzle

Directions: Change one letter in the first word to make a second word. Continue in the same way all the way down, so that the last letter changes makes the word at the end of the list.

Puzzle #1: Dear to Love (6 steps)

DEAR

\_\_\_\_\_

LEAD

\_\_\_\_\_

LORD

\_\_\_\_\_

LOVE

Puzzle #2: Loves to Heart (7 steps)

LOVES

\_\_\_\_\_

\_\_\_\_\_

LOADS

\_\_\_\_\_

HEADS

\_\_\_\_\_

HEART

#2: loves, lores, lord, loads, leads, heads, hearts, heart

#1: dear, dead, lead, load, lord, lore, love

## GEAUX GREEN with 4-H!



Pack your bags for one of the greatest teen adventures ever! 4-H Challenge Camp is March 26th-28th at Camp Grant Walker, and all 7th & 8th grade 4-H'ers are invited to attend.



This awesome camp features games and fun activities that take you outdoors for some really cool challenges like Beam Me Up, the Water Tube, Nitro Crossing and Amazon! You'll test your team building and communication skills while meeting new people and forming friendships to last a lifetime. Join in the fun with exciting pick-your-own tracks like Theatre Arts, Shooting Sports, Event Planning and Tech Time. Or, you can contribute to saving the planet while creating crazy works of art in our service-learning project. And as always, there's plenty of time left over to hang out with friends during free-time and at the legendary camp dance each night!

Camp fees are only \$50 which includes a two-night stay and all meals and snacks upon arrival, and transportation. T-shirts can be purchased for an extra \$6. Space is limited! Get your forms and fees in right away. **DEADLINE TO REGISTER: March 6th**



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

Grade: \_\_\_\_\_ Club: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_

T-shirt Size (Circle if ordering): S M L XL XXL XXXL

Parent Signature: \_\_\_\_\_

## Interested in 4-H University?

Sign-up is right now!  
Cost is \$100  
Deadline is May 15th

## My Funny Valentine

What kind of flowers do you never give on Valentine's day?  
Cauliflowers!

Knock, Knock  
*Who's there?*  
Pooch  
*Pooch who?*

Pooch you're arms  
around me, baby!

Knock, Knock  
*Who's there?*  
Howard  
*Howard who?*

Howard you like to be  
my valentine?