

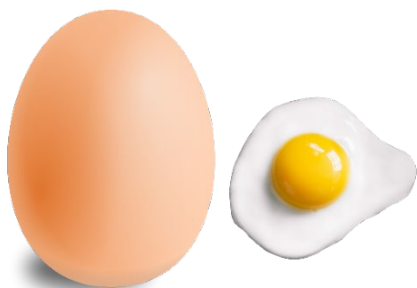
# Lafayette 4-H Hotline

## What's on your plate?

This year, our lessons are all about food science! What is food science? Food science studies the basic elements of food. Through a series of experiments this year, we will explore the chemical components of food including proteins, carbohydrates, fats, and water as well as the reactions they undergo during processing and storage.

Last month, we explored the science behind gluten by making a ball of dough with just two basic ingredients: flour and water. The starch was rinsed away from the dough and revealed a lump of sticky gluten which serves as the basic structure of all baked goods that use wheat flours.

This month, we will look at how "Eggs are Exceptional." Students will explore why so many recipes contain eggs. We will also observe what happens when cooking scrambled and boiled eggs and why the liquid mixture becomes solid.



## Fall Fest: Virtual Edition

The weather is getting cooler, the days are getting shorter, fall has arrived! And with the arrival of fall comes the arrival of our annual Lafayette Parish 4-H Fall Fest! This year, as with many events, Fall Fest will occur virtually.

Fall Fest entries are due Monday, November 30<sup>th</sup> at midnight! Send entries to Mrs. Nicole at [ngerard@agcenter.lsu.edu](mailto:ngerard@agcenter.lsu.edu). Results will be announced in the following weeks! See attached revised rules for complete contest details. Good luck to all competitors!

## November 2021

Lafayette Office  
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### Points of interest:

- What's on your plate?
- Fall Fest: Virtual Edition!
- Cookery contest
- Commodity Sale Pickup
- Junior Leaders: Calling 8<sup>th</sup>-12<sup>th</sup> Graders!
- Christmas Cookie Contest
- Award Applications
- Clover Corner
- Good Luck to National Competition Team
- Shooting Sports Update
- Horse News
- Upcoming Livestock Shows



# Cookery Contest

Entries for the Cookery Contest should be dropped off/checked-in, in front of Sts. Peter & Paul School between 9-9:30 AM on Tuesday, November 23, 2021. Please make sure all students interested in competing have been provided with a copy of event rules. Dishes must be dropped off in disposable containers and register at a temperature of 40° F or below. A copy of the updated rules including the drop-off time and location address have been sent out to club leaders. Please make sure that members competing have the most up-to-date information.

## Commodity Sale Pickup

**Order Deadline:** Friday, November 1<sup>st</sup>

**Pickup date:** Tuesday, November 11<sup>th</sup>

**Pickup location/directions:** Second Harvest Food Bank, 215 E Pinhook Rd: Head east on Pinhook toward the Evangeline Thruway, take left on East Vermilion, then left on Forrest St, and then left on Refinery Street. Line up on right hand side of road closest to Second Harvest. Turn in gate and drive through.

**Pickup time:** 2:00 p.m. to 5:00 p.m.

## Junior Leader: Calling 8<sup>th</sup>-12<sup>th</sup> Graders!

Lafayette's Junior Leader 4-H Club is made up of older 4-H'ers from across Lafayette Parish who are in grades 8th-12th. Do you have teens that would like to be involved in the community in a leadership role, but just not sure how to go about it?

The next Junior Leader meeting of the school year will be Monday, November 17<sup>th</sup> at 6:00 p.m. All 4-H'ers in grades 8<sup>th</sup> to 12<sup>th</sup> are invited to attend. Contact Mrs. Nicole at [ngerard@agcenter.lsu.edu](mailto:ngerard@agcenter.lsu.edu) if you are interested in attending the Junior Leader meeting.

# Christmas Cookie Contest

The 4-H Christmas Cookie Contest will be held during the month of December. Certificates will be awarded to all winners and participants. The three categories will be:

1. Most 4-H Spirit
2. Prettiest Christmas Cookie
3. Most Unusual Christmas Cookie

Pictures of all entries must be emailed to Mrs. Nicole at [ngerard@agcenter.lsu.edu](mailto:ngerard@agcenter.lsu.edu) by midnight on December 17<sup>th</sup>.

Remember:

- No store-bought cookies can be entered. Should be homemade!
- You may enter more than one category. One cookie can be entered in only one category.



## Award Applications

The following award applications are being sent to select grade levels of 4-H members.

**Golden Clover:** 7<sup>th</sup> Grade and 8<sup>th</sup> Grade

**Emerald Achievement:** 11<sup>th</sup> Grade and 12<sup>th</sup> Grade

**Honor Cord:** 12<sup>th</sup> Grade

These award applications are due December 15<sup>th</sup>, 2021, to the Lafayette 4-H Office. Details can be found on the applications.



# Clover Corner

Hi to our Newest 4th & 5th grade Members!



Welcome to 4-H! My name is Clover and I've been in 4-H for many, many years. I'm so excited that you have joined this great club and I hope you have a great year. I wrote you a note on the inside cover of your Discovering the World of 4-H booklet, special for all 4th and 5th grade 4-H members. Read it as soon as you can get started. The booklet has about 40 pages. If you work on it at a steady pace or about 10 pages a month, you'll have everything finished by the February 28th deadline. Look for my note in each Hotline, so I can help you keep up with your book. I know the book inside and out, therefore, I'll give you hints on what to do and when.

Several activities take a while to complete, so it's a good idea to start those activities now. A good place to start is to learn the 4-H Pledge, 4-H Emblem, and fun facts about the program on pages 1-3. The next section is on "Healthy Living." When *Discovering the World of 4-H*, you will learn about health and safety, fitness, and food and nutrition. It is very important to learn emergency numbers in the case of an emergency and to have these handy. You will learn how to measure ingredients, use equipment in the kitchen, follow recipes, to eat and plan healthful meals using My Plate logo or [choosemyplate.gov](http://choosemyplate.gov). When *Exploring the World of 4-H*, you will learn the basics of child development, consumer decision making, nutrition, school bus safety, and manners. The 4-H personal development project helps you be your best! You will learn about manners and personal hygiene and be given tips that will prepare you to feel comfortable and be successful. Good manners show you are kind and thoughtful. Remember, being polite is always right!

# Project Book Workshop

Members will be receiving their project books this month! We will hold a project book and portfolio workshop on Tuesday, December 21, 2021, for anyone to attend and help.

The portfolio workshop for 6<sup>th</sup>-12<sup>th</sup> grade members will be in the morning, from 9:00 a.m.-11:30 a.m. The 4<sup>th</sup> and 5<sup>th</sup> grade project book workshop will be from 1:00 p.m.-4:00 p.m. Please contact Mrs. Nicole at [ngerard@agcenter.lsu.edu](mailto:ngerard@agcenter.lsu.edu) to reserve a spot.



## Congratulations & Good Luck!

Good Luck to the Lafayette Parish Livestock team consisting of **Shaohannah Martin**, **Lane Johnson**, and **Luke Domingue** who will be participating in the National Livestock Judging contest in Louisville, Kentucky in November!

**Annaclaire Zerangue** and **Laila Horton** will be spending five days in Atlanta, Georgia on the National 4-H Congress Trip that they won for their State Winning Record Books!

## Shooting Sports Update

A couple reminders to all 4-H members who are enrolled in the shooting sports project. There must be a certified instructor from your school to participate. Be on the lookout for information from Mr. Charles by mid-November with workshops, safety training, and practices if there is a certified instructor at your school. All participants must be at least 10 years old by 12/31/21 and have completed the Louisiana Department of Wildlife and Fisheries' Hunter Education program to participate in the shooting sports program.

# Horse News

The 4-H horse shows are set to take place next summer. Exhibitors must have enrolled in the horse project in the online enrollment system, have acquired their horses by April 1<sup>st</sup>, and will also be required to enter their animal on the entry forms mailed out in April. The date for our parish 1<sup>st</sup> Year Exhibitor/family Meeting and our Grade Horse Clinic will be set soon.

All 4-Her's who enrolled in the horse project will periodically receive horse information, as well as their entry forms, through the mail. Contact Mr. Charles at (337)291-7090 with any questions about the 4-H Horse Program.

## Dates to Remember

### November 2021

- 1 First Day of Club Meetings
- 1 Commodity Sale Order Deadline, 4-H Office
- 8 Validation Kits Due and Possession Deadline for all Market: Goats, Lambs, Commercial Does, Ewes, Heifers and exhibition poultry possession date
- 11 Commodity Sale Pickup, Second Harvest Food Bank
- 17 Junior Leader Meeting, 4-H Office
- 23 Cookery Contest Drop-off Sts. Peter & Paul School
- 30 Fall Fest Submissions Due

### December 2021

- 1 First Day of Club Meetings
- 3 Validation Kits and Possession Deadline for all Market, Commercial, and Breeding Swine
- 7 Parish Broiler Pick-Up, TBA
- 15 Junior Leader Meeting, 4-H Office
- 15 Golden Clover Awards Due, 4-H Office
- 15 Emerald Achievement Awards Due, 4-H Office
- 15 Honor Cord Applications Due, 4-H Office
- 17 Cookie Decorating Contest Entries Due, 4-H Office
- 21 Record Book Workshop, 4-H Office Registration Required
- TBA Hoof Trimming Clinic

## Upcoming Livestock Shows

It is time to begin preparing if you plan to exhibit livestock at the 4-H livestock shows in January and February. All members planning to exhibit Beef, Dairy, Sheep, Swine, Goats, or Poultry will be required to complete entry forms to the 4-H Office by **NOVEMBER 15th!**

Livestock entry forms were sent through the mail in early November in our Barnyard Scoop Newsletter. If you need more information, please contact Mrs. Nicole or Mr. Paul at (337) 291-7090.



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### **CHARLES HEBERT**

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Lafayette Parish

It is the policy of the LSU AgCenter, Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, religion, gender, age, or disability. If you have a disability which requires special assistance or your participation in any aforementioned activity, please contact the Lafayette 4-H office at (337) 291-7090