



November/December 2012



Lafourche Happenings

LSU Agricultural Center

Volume 1, Issue 3

Poultry & Pet Day Contest

The contest will be held on **Dec. 1, 2012**. Poultry Day contests will include:

Egg & Poultry Preparation

Any member can prepare one dish in each of the contests. Prepare the dish at home and bring it to the contest for judging along with a copy of the recipe used. Registration of all dishes will begin at **9:00 a.m.** in the Ag. Building. Judging will begin at **10:00 a.m.**



1. Egg Cookery - the dish must have a minimum of four eggs. No raw eggs allowed in the final product. Dishes will be judged in three categories: **Appetizer/Salad, Main Dish** and **Desserts**. 4-H members may exhibit only one dish in egg cookery. Top winners in these categories will compete in the District Contest in March. 4-H'ers will compete in three divisions - Elementary, Middle and Senior.

2. Poultry Preparation - Dishes will be judged in Elementary, Middle and Senior High divisions. 4-H members may exhibit only one dish in poultry cookery. The contest consists of three categories -

a. Chicken – a dish which contains a minimum of two pounds bone-in chicken or one pound de-boned chicken meat. Contestants should purchase whole chicken or identifiable chicken parts such as wings, thighs, legs, or breasts. (This dish **SHOULD NOT** include special processed chicken such as marinated chicken strips, chicken nuggets, chicken franks, smoked chicken, canned chicken, etc.). Chicken includes any of the following: Fryer, Capon, Roaster, Broiler, Baking Hen, Cornish or Game Hen.

b. Processed Poultry Products – a dish which includes a minimum of 12 oz. of processed (value-added) poultry products. Value-added poultry products are poultry meats which have undergone special processing. Marinated, breaded, seasoned and reformed products are examples of special processing techniques. Some product examples are Ground Turkey, Turkey Bacon, Turkey Sausage, Smoked Turkey, Turkey Ham, Turkey Rolls, Ground Chicken, Chicken Nuggets, Chicken Franks, Smoked Chicken, Chicken Strips or Canned Chicken. All dishes containing any turkey item, (whole, part or processed) should be entered in this division.

c. Other Poultry Meat – A dish which contains a minimum of two pounds bone-in or one pound de-boned poultry meat from a bird other than **chickens or turkeys**. You may choose poultry meat from any of the following: Duck, Quail, Pheasant, Pigeon, Guinea, Goose, Grouse, Ostrich, Emu or Dove.

NOTE: The food should be exhibited in a normal-sized container not to exceed 18" to allow adequate space for all entries. You will be asked to remove items not directly related to the dish such as placemats, flower arrangements, figurines, trays, footed chafing dishes, soup tureens, etc. Baskets or metal containers in which casserole/serving dishes fit exactly will be allowed. Non-edible items are not to be used as garnish. No serving utensils are needed.

Chicken Queing



Participants must bring all equipment and supplies they use...open barbecue grill, tongs, charcoal, lighter fluid, 2 chicken halves, sauce and any other items needed. Registration will begin at 9:00 a.m. with the contest at 10:00 a.m. Contestants will compete in Elementary, Middle and Senior Divisions. Check with your leaders for more information or go online to our website.

Live Broiler & Exhibition Birds

Live Broiler - 4-H members who have been raising baby chicks are encouraged to enter the live broiler contest. 4-H'ers should select a pen of three chickens that are uniform in size and weight. Exhibits should be brought to the Agriculture Building at 9:00 a.m. for registration.

Exhibition Poultry Show – The Exhibition Poultry Show will be held at Poultry Day. To register go to our website and print out an entry form. Entries are due by Nov. 23, 2012. Registration will start at 9:00 a.m.

Inside this issue:

<i>Poultry Day Contests</i>	2
<i>4-H Display Winners</i>	2
<i>Livestock/Rabbit Show</i>	3
<i>Junior Leaders</i>	3
<i>Beef Poster Contest</i>	4
<i>Hoops & Clovers</i>	4

Calendar of Events:

November 15

Junior Leader Meeting

November 16-18

Challenge Camp

November 19

Regional Rabbit Show

December 1

Pet & Poultry Day

December 13

Junior Leader Meeting

January 19

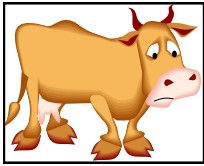
Parish Livestock/Rabbit Show/Ground Beef Cookery

January 30

Honey Bee Essays are Due



Poultry Day Activities Cont.



Judging Contest

Poultry Judging - 4-H members from each school can participate in this Pre-Achievement Day Contest.

4-H'ers will judge by comparison pullets for egg production, class of dressed broilers, class of exterior eggs, interior eggs and broken out eggs.

Dairy Cattle Judging - 4-H'ers will judge classes of dairy heifers and dairy cows. A class will consist of four animals and 4-H'ers will place them 1st through 4th.

General Livestock Judging - 4-H'ers will judge classes of beef animals, pigs and sheep. A class will consist of four animals and 4-H'ers will place them 1st - 4th.

Poultry, Egg & Turkey Illustrated Talk

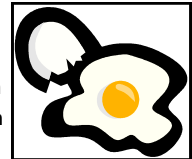
4-H'ers may also participate in the Illustrated Talk Contest in Egg, Poultry and/or Turkey at Poultry Day on Dec. 1, 2012. The contest is open to all 4-H club members. The three divisions are:

Division I – (Grades 4-6) Contestant designs (a) standard poster 22" x 28" relating to Turkey, Eggs and/or Poultry, (b) presents a 2-3 minute explanation of poster subject and (c) responds to questions from judges.

Division II – (Grades 7-9) Contestant designs (a) standard poster 22" x 28" relating to one of the five categories (1) production, (2) food preparation and nutritive value, (3) food safety, (4) processing, and (5) marketing; (b) member prepares an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about turkey, eggs and/or poultry; (c) presents a 2-3 minute explanation of subject; (d) responds to questions from judges.

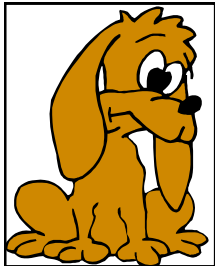
Division III – (Grades 10-12) Contestant will present a 5-8 minute illustrated talk on turkey, eggs and/or poultry. Only posters, no power points. It can be a specific idea or an overview. Examples include Nutritional Value, Economic Value, Cooking Principles, Versatility, Food Safety, Role in Today's Healthy Diet, Turkey, Egg or Poultry's place in Agriculture and Natural Resources, Role in our National Economy, or Role in Protecting the Environment. There will also be an interview from the judge.

Awards will be presented at noon or shortly afterwards. All dishes will receive ribbons and champions will receive other prizes as well. Dishes will not be released until after the awards program.



Pet Show & Dog Show

Pet Show - In addition to the activities and demonstrations, every 4-H member will be given an opportunity to display their pets. All pets except dogs, rabbits and livestock animals may be shown. This has been a request by many 4-H'ers who do not show livestock or dogs, to be given the opportunity to show cats, hamsters, birds and other small pets. All pets must be in a cage or box in order to be displayed. Pets should be brought to the rear section of the fair building between 9 a.m. to 10:00 a.m. on Dec. 1, 2012. Tables will be set up to show the animals. An index card with name, type, age, and any other information pertaining to the pet should be attached to the cage or box. All pets must be taken out of the fair building by noon.



Dog Show – A Dog Show will be held at Poultry Day beginning at 1:00 p.m. Registration begins at 12:00 noon. No dogs may enter the grounds before 12:00 noon. All dogs must be on a leash and have rabies tags or proof of vaccinations. The dogs can be entered into one of the seven classes. These are: Hounds, Non-Sporting Dogs, Sporting Dogs, Terriers, Toy Dogs, Working Dogs, and Miscellaneous.

4-H Display Winners

Congratulations to all schools that participated in the 4-H Display Contest during National 4-H Week. Results are:

Elementary Division

1st Place – Galliano Elementary
2nd Place – Golden Meadow Upper
3rd Place – Larose Upper Elementary
H.M.—Holy Rosary Elementary
Participation – Cut Off Elementary, Holy Savior, St. Charles Elementary, St. Joseph, Thibodaux Elementary, Bayou Boeuf and Bayou Blue Elementary

Middle School Division

1st Place – Larose-Cut Off Middle
2nd Place-Raceland Middle School

Senior High Division

1st Place—South Lafourche
2nd Place—Central Lafourche

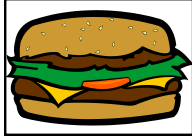


Photo obtained from Golden Meadow Upper

Junior Livestock & Rabbit Show

The Jr. Livestock and Rabbit Show is scheduled for **Jan. 19, 2013**, at the Agriculture Building in Raceland. All animals will show on this day. The Ground Beef Cookery and Illustrated Talk (Beef) will be held in conjunction with the Livestock Show.

We will also have Consumer Foods Judging and Meat Identification Contests which are pre-Achievement Day Contests. They are open to all 4-H club members. These contests will begin at 9:30 a.m. and will end around 11:30 a.m. and will be held in the Agriculture Building. Come check out the livestock show in the back barn. The show begins at 8:00 a.m. Concessions will be sold.



GROUND BEEF COOKERY

The Ground Beef Cookery will be held on **Saturday, Jan. 19, 2013**. Dishes will be entered as follows: Elementary, Middle School and Senior High. **Only one dish can be entered in this contest.** The categories are as follows:

Low Calorie Main Dish - A dish that provides less than 300 calories per serving. Can also be found on labels. Calculation of calories needs to be stated on the recipe.

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 should be stated on the recipe.

One-Dish Meal - A dish that provides foods from at least **three** of the main food groups. Foods and food groups should be stated on the recipe.

The dish must contain at least **one** pound of ground beef. Prepare the dish at home and bring it to the contest for judging along with a copy of the recipe including name, school, age and **category**. The whole dish does not have to be displayed. Two or three servings is enough for the judges to taste. Registration of all dishes will begin at 9:00 a.m. Judging will begin at 10:00 a.m.

NOTE: The food should be exhibited in a container not to exceed 18" to allow adequate space for all entries. You will be asked to remove items not directly related to the dish such as place mats, flower arrangements, figurines, trays, footed chafing dishes, soup tureens, etc. Baskets or metal containers in which casserole/serving dishes fit exactly will be allowed. Non-edible items are not to be used as garnish. No serving utensils are needed. A microwave is used to heat all food for judging. Awards will be presented at noon or shortly afterwards. All dishes will receive ribbons and champions will receive other prizes as well. Dishes will not be released until after the awards program.

BEEF ILLUSTRATED TALK

4-H'ers may also participate in the Beef Illustrated Talk Contest. **No dish is required.** The contest is open to all 4-H club members. There will be three divisions in this contest:

Division I – (Ages 9-12) Contestant designs (a) standard poster 22" x 28" relating to Beef (b) presents a 2-3 minute explanation of poster subject and (c) responds to questions from judges. No costumes allowed.

Division II – (Ages 13-15) Contestant designs (a) standard poster 22" x 28" relating to one of the five categories (1) production, (2) food preparation and nutritive value, (3) food safety, (4) processing, and (5) marketing; (b) presents a 2-3 minute explanation of subject and (d) responds to questions from judges. No costumes allowed.

Division III – (Ages 16 & Older) Contestant will present a 5-8 minute illustrated talk on beef. Posters only, no power points. It can be a specific idea or an overview. Examples include Nutritional Value, Economic Value, Cooking Principles, Versatility, Food Safety, Role in Today's Healthy Diet, Beef's place in Agriculture and Natural Resources, Role in our National Economy, or Role in Protecting the Environment. There will also be an interview from the judge. No costumes allowed.

RABBIT SHOW

Check in is from 8:00—8:45 a.m. with judging beginning at 9:00 a.m. in the Agriculture Building .

NOTE: All rabbits must be entered prior to the rabbit show. Entry forms can be found on our website at www.lsuagcenter.com and are due by January 1, 2013.

All rabbits should be brought in a leak-proof cage. There will be showmanship contest. Age divisions are 9-11 years old, 12-14 years old and 15 and up. Awards will be given. Rabbits will be released immediately after all rabbits have been judged and ribbons are awarded.



MEAT IDENTIFICATION

This contest is open to all 4-H members in Elementary (4-5 grades), Middle School Division (6-8 grades), and Senior Division (9-12 grades).

For Elementary Division contestants will identify 20-25 cuts of meat according to the following guidelines:

*Species - 4 points each - Beef, Pork and Lamb

For Middle School Division contestants will have to identify 20-25 cuts of meat according to the following guidelines:

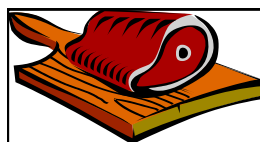
*By Species—Beef, Pork, and Lamb, 3 points each

*By Type—Roasts, Steaks, Chops, Slice, 1 point each

For Senior Division contestants will identify 20-25 cuts of meat according to the following guidelines:

*Species - 3 points - Beef, Pork, Lamb

*Retail Name - 3 points – T-bone, Bacon, Brisket, etc.



CONSUMER FOODS JUDGING

The contest is open to all 4-H members in Elementary (4-5 grades), Middle (6-8 grades) and Senior (9-12 grades) Divisions. The contest consists of at least 4 separate classes. The objective of this contest is to teach 4-H members the importance of healthy food choices. At least 4 classes will be set up with 4 choices in each class. Middle and Senior Division 4-H members will be required to give reasons on one of the classes. Types of information to be found in each of the classes include:

*Healthy breakfast foods

*Proper beverage choices

*Healthy cereal choices

4-H members should look for items low in saturated fat, cholesterol, sugar and sodium. They should select items high in dietary fiber, low in calories and high in nutrition value.

More information on food labels can be found on our website.

Junior Leader Times



Tricks! Treats! Both were in store this month for the Junior Leaders at their October Club meeting. Going along with tradition, the Junior Leaders had the annual costume and pumpkin decorating contest. Laughs were had and candy was eaten. It was definitely a "Spooktacular" event. Sweet potatoes and rice were delivered on October 25, 2012. 25,565 pounds were unloaded in Raceland. Junior Leaders did a great job selling!

The next meeting will be held **November 15, 2012**, at the Agriculture Building in Raceland from 5:30—7:00 p.m. The community service activity for the month will be to donate toys to the Toy Drive. We will celebrate Thanksgiving by having a feast.

Beef Poster Contest

This year's Beef Poster contest will be held in conjunction with the Ground Beef Cookery Contest, **Jan. 19, 2013**. Leaders will let you know when they are due. **Rules for the contest are:**

1. Posters should be 11" x 14" white poster board. **Please do not use foam boards.**
2. Contestant should have their name, school, and grade written on the back of his/her poster.
3. The purpose should be to learn more about beef and/or beef products and their importance to human health.
4. **Do not** attach anything to the poster that is more than 1/2" thick or anything that extends beyond the edges.

Purple, Blue and Red ribbons will be awarded to all contestants according to the following divisions: Division I - 4th - 6th grades, Division II - 7th - 9th grades and Division III - 10th - 12th grades. All purple ribbon winning posters will be displayed at the Parish Jr. Livestock Show in Raceland in January.

Hoops & Clovers

The Hornets are playing the Houston Rockets on **Jan. 25, 2013**, at 7:00 p.m. at New Orleans Hornets Arena, New Orleans, LA and you are invited to attend! This event is to provide an opportunity to increase recognition of the 4-H program and meet other 4-H'ers around the state. Tickets can be ordered through the Lafourche Parish 4-H Office. Tickets are \$21.00 each. \$2.50 of each ticket will go to the parish 4-H Foundation and \$2.50 to the Louisiana 4-H Foundation. To order tickets, fill out the form below and return to P. O. Box 123, Thibodaux, LA 70302 before **Dec. 14, 2012**.



Mail to: 4-H Office, P. O. Box 123, Thibodaux, LA 70302

_____ number of tickets @ \$21.00 each

Please mail tickets to:

Name _____

Phone: _____

Address _____

4-H'ers Name _____

City _____ State _____ Zip _____

4-H'ers School _____

Lafourche Parish
LSU AgCenter

P. O. Box 429
Thibodaux, LA 70302
402 West Fifth Street
Thibodaux, LA 70301

Phone: 985-446-1316
Fax: 985-449-1549
E-mail: lafourche@agcenter.lsu.edu



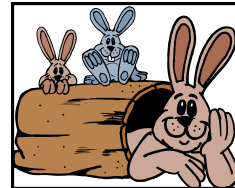
Images obtained from Microsoft Office

Donna G. Ayo
Extension Agent
Lafourche Parish

Vickie L. Smith
Program Assistant
Lafourche Parish

Regional Rabbit Show

There will be a Regional Rabbit Show held Nov. 19, 2012, at the Agriculture Building in Raceland beginning at 9:00 a.m.



See our website for entry forms.

LA Connections Camp

The State Citizenship Board is offering an exciting opportunity to attend LA Connections Camp. The event will be held Dec. 7-9, 2012, at Grant Walker 4-H Educational Center for 7th-9th graders.

If you are interested in attending please contact the 4-H Office. Deadline to apply is Nov. 16, 2012.

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 participation in an activity, please contact us at 985-446-1316.