

St. John Parish

CLOVER CHRONICLE

| March 2020



St. John Parish

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March 2020 Events

Club Meetings as Scheduled

13th-15th – JLC

18th – March Maneuvers

Application Due

21st – Cookery Contest

23rd – Jr. Leader Meeting

26th – 28th – CO-OP Camp

17th – Jr. Leader Meeting

30th – Record Books Due

April 2020 Events

Club Meetings as Scheduled

3rd – Scott Foundation

Scholarships Due

9th – Achievement Day

10th – 4-H office closed

Achievement Day

Achievement Day is April 9, 2020 at East St. John High School. Let's celebrate the 4-H year with members across St. John Parish. Clubs and individual members can compete in contests and demonstrations this day! **Record Books are due by March 30th.**

4-H Club Banners

All 4-H clubs are encouraged to display a 4-H banner. Banners can be of any color combination and made of any material. Each banner will need to have the school 4-H club name and a 4-H clover.

Song and Yell Contest

Each 4-H club is encouraged to prepare a 4-H song or yell. It should not be longer than 3 minutes and should include your school / club's name. This contest will be judged on originality, quality, and unity.

T-Shirt Contest

4-H clubs can compete to showcase their most creative club t-shirt design. Shirts should have the school 4-H club name listed and be worn by the majority of the club at Achievement Day.

4-H Better Club Contest

"To Make the Best Better" is the 4-H motto. Participation of club members in various 4-H activities and community service will be tabulated and one Elementary and one High school club will be awarded the St. John 4-H Better Club winner! There is still time to earn some community service points for your club!

Talent Demonstration

4-H individuals or groups may present a talent such as singing, dancing, a skit, ect. Remember to keep all talents appropriate! There will be an Elementary and High school division.

Academic Demonstration

Students may present a demonstration such as an experiment, speech, how-to, arts and crafts, STEM demonstration, etc. as an individual or in a group.

Livestock News

St. John 4-H had a successful livestock season thanks to: Rita White from St. Peter School, William Carpenter from Riverside Academy and Caleigh Remondet from Ascension of Our Lord School. Congrats!

Jr. Leaders

The March Jr. Leader meeting will be Monday, March 23rd at the Laplace Library. The meeting will start at 6:00 pm, food will be provided. Please be prepared to discuss Achievement Day, your community service project, and 4-H University! Any 4-H member in 8th-12th grade is welcome to come.

Animal Shelter Community Service

St. John 4-H will continue to donate items and time to the animal shelter. Let's show some love to these pets until they get a Furr-ever home! Below are items the shelter will accept as donations:

Purina Naturals Dry Cat food
Canned Cat food of any type
Canned Dog Food *NOT Gravy Train OR Old Roy*
Any kind of Toys for dogs or cats
Bully Sticks, Pig or Cow Ears or Hooves
Old or new towels and blankets
Dog and Cat beds
Collars, leashes, and harnesses



If you are interested in volunteering at the Animal Shelter's adoption events, please contact the Shelter *Students under the age of 14 need to have a parent or guardian present. If a group of students are interested in volunteering, please let Ms. Ashley know and we can attend as a group. Adoption events are held once or twice a month on a Saturday at Tractor Supply or PetSense in LaPlace from 10am – 2pm.

4-H Cookery Contest

St. John 4-H will hold a Cookery Contest on Saturday, March 21st, 2pm at the 4-H office in Edgard unless your school hosts a contest before April 9th. Contestants may enter more than one dish, but only one dish per division. The Categories include: Egg, Ground Beef, Poultry, Seafood, Sugar, and Bento. A copy of the recipe must be submitted with the dish, the contestant's name, school, and grade must be written on the back. Contest entries will be judged on taste, appearance, originality, and recipe. Do not present dishes with non-edible items, decorations, flowers, or placemats. Serving utensils are ok. A Microwave will be available to heat up food on site. **If you choose to participate in the contest at the 4-H office in Edgard please call or email Ms. Ashley aterry@agcenter.lsu.edu or 985-497-3261 by March 19th.**

For food safety purposes, bring dishes chilled on ice.

Sugar Cookery Contest:

Divisions: Cakes, Cookies, Candy, Pies

General Rules:

- 1.) Bring a prepared sugar dish to the contest. The dish MUST use at least (1) cup of sugar – brown, granulated, confectioner's, or raw sugar may be used.
- 2.) All dishes must be made from scratch. No boxed cake mixes or prepared cookie dough.

Seafood Cookery Contest:

Divisions: Fish, Crab, Shrimp, Crawfish, Other Seafood

General Rules:

- 1.) Bring a prepared seafood dish to the contest. The dish MUST use at least (1) cup of seafood. The seafood must be fresh, frozen, pasteurized or dried. No Canned Seafood.

Egg Cookery Contest:

Divisions: Appetizers / Salads, Main Dish, Dessert

General Rules:

- 1.) Bring a prepared egg dish to the contest. The dish MUST contain at least (4) eggs. This can be 4 whites, 4 yolks, or 4 whole eggs. No raw egg will be allowed.

2.) All 4 eggs must be within one dish. Ex. You cannot enter two pies with two eggs each

Ground Beef Cookery Contest

Divisions: Low-Calorie Main Dish, Quick and Easy Main Dish, One-Dish Meal

1.) Low-Calorie Main Dish: the dish is less than 300 calories per serving.

Calculations of calories must be stated on the recipe and contain at least (1) pound of ground beef.

2.) Quick and Easy Main Dish: A dish that is ready to serve in less than one hour.

The time for each step and for cooking and baking must be stated on the recipe.

You must use at least (1) pound of ground beef.

3.) One-Dish Meal: The dish must provide foods from at least (3) of the main food

groups. The food group must be stated on the recipe and can be found on

www.MyPlate.gov The dish must contain at least (1) pound of ground beef.

Poultry Cookery Contest:

Divisions: Chicken, Processed Poultry, Other Poultry Meat

General Rules:

1.) Chicken – A dish which contains at least (2) pounds of bone-in chicken OR (1) pound of deboned chicken meat.

2.) Processed Poultry – A dish which includes at least 12 oz. of processed poultry products. Ex: Ground turkey, turkey sausage, smoked chicken, ground chicken, canned chicken, turkey bacon, turkey ham, chicken strips, smoked turkey.

3.) Other Poultry Meat – A dish which contains at least (2) pounds of bone-in OR (1) pound of deboned poultry meat from a bird other than chicken or turkey. Ex:

Duck, Goose, Quail, Grouse, Pheasant, Ostrich, Pigeon, Emu, Guinea, or Dove.

Bento Box Contest:

General Rules:

1.) Create and prepare a healthy boxed lunch (bento) that is representative of www.MyPlate.gov recommendations, for a lunch to be eaten by youth ages 9-19

2.) The Bento box must be packed in a portable, lock-top, and leak proof container, no larger than 19 inches X 18 inches.

3.) List the food items on a sheet of paper.

If you have any questions about the rules or the contest, please contact Ms. Ashley. All participants will receive a ribbon and 4-H points. Overall winners may advance to the Regional cookery on May 12th in Ponchatoula, LA.

Save the Dates for Summer 2020!

4-H Summer Camp

St. John is attending week 2 summer camp! This camp is for **4th-6th** graders who want to enjoy 4 nights / 5 days of educational adventures, sports, swimming, canoeing, dancing, performing arts, science, making new friends, and much more! **Adult Chaperones are needed!!**

4-H Camp is May 25- May 29 at Camp Grant Walker!

4-H University

4-H University is for any 4-H members who are in **8th-12th** grade (Must be 13 years old before Jan. 1st). 4-H U hosts over 40 events to compete in or attend Clover College which is a non-competitive event of instruction.

4-H U is June 23- June 26 at LSU Campus in Baton Rouge!

Lost Camp

Louisiana Outdoor Science and Technology (LOST) Camp is for 4-H members in the **7th and 8th** grade who want to enjoy videography, wetlands, outdoor adventures, SET, archery, swimming, canoeing/kayaking, dances, and much more!

LOST Camp is July 26- July 29 at Camp Grant Walker!

Marsh Maneuvers

Have you heard about Marsh Maneuvers? This 4-H camp offers high school students the chance to spend a week on Louisiana's coast! Campers get to ride in airboats, catch crabs, help stop wetland loss by planting marsh grass, and more! Marsh Maneuvers takes place throughout July. If you are interested in learning more, contact Ms. Ashley. Deadline to apply ONLINE is March 18th

Marsh Maneuvers is throughout the month of July

Parents, Adults, and Past 4-H Alumni!

St. John 4-H needs adult volunteers to help with project clubs, judging contests, and chaperoning events. Please fill out the form below and check any areas that you can help!

Name: _____

Email: _____

Phone Number: _____

Sewing Club _____

Science, Engineering, and Technology (SET) Club _____

Shooting Sports / Outdoor Skills Club _____

Robotics Club _____

Judging Contests _____

Chaperoning Events _____

Overnight Camp Chaperones _____

Other: _____

Email, Fax, or Send forms with students.

aterry@agcenter.lsu.edu

Fax: 985-497-3409

Call: 985-497-3261

Join St. John 4-H's GroupMe by scanning the code below:

