

CLOVER CHRONICLE

St. John 4-H

February 2018

Achievement DAY!

Achievement Day is ***April 13th*** at East St. John High School! Let's show that 4-H spirit and come out and celebrate the 4-H year with members across the St. John Parish. Hope you have planned to wear green, clovers, or your club 4-H shirt. **Record Books DUE March 26, 2018.**

4-H CLUB BANNERS:

All 4-H clubs are encouraged to display a 4-H Banner, which also helps identify the school. It must be large enough to read from at least 50 ft. away. Banners will be judged at Achievement Day for a club award.

SKIT SHOWCASE:

Each club is encouraged to have a skit to preform at Achievement Day. SKITS should be preformed by a group from the club; not individual skits. Fifty percent of your club should be involved in the skit; however, all members are encouraged to be involved. Each club is limited to one skit which should last 5-10 min.

SONG AND YELL CONTEST:

Each club is encouraged to prepare a 4-H Song and/or Yell to enter into the contest. Song and yells are separate contests. They will be judged on originality, quality, and unity.

CLUB SPIRIT AWARD:

The club with the most spirit has a chance to win this award. Some ways to win this award are: signs/banners/flags, members dressed alike, group cheering at appropriate times, showing respect, healthy attitudes', cheering and encouraging others, and designated areas kept clean and neat.

Livestock News:

State Show is February 10-17th.

Exhibition birds will be:
Saturday, Feb. 10– Sun, Feb. 11.

Broilers will be on Tuesday,
Feb. 13.

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- Achievement Day (April 13)
- Livestock show (Feb 10-17)
- Pelicans Game (Feb 23)
- Cookery Contest (Feb 24)
- Poetry Contest (Mar. 28)
- Speech Contest March 6 & 7



4-H Cookery Contest!

Saturday, February 24, 2018
Veteran's Home from 2pm-5pm
4080 W Airline Hwy, Reserve, LA
70084



Cooking Contest Categories for 5 specific agriculture commodities!
Egg, Ground Beef, Seafood, Poultry, Sugar, and Bento (an added category)
Winners will be eligible for the District Cookery Contest in May 2018.

Overall guidelines (Category rules is in a separate attachment):

1. 4-H'ers may enter more than one dish, but only ONE per division.
2. Must have a typed COPY OF YOUR RECIPE with your dish. Include name, grade, and school on the BACK of your recipe.
3. Bring dishes in a container with serving utensil (if needed).
4. There will be microwaves to heat up dishes.
5. Contest entries will be scored on taste, appearance, originality, and recipe.

Any question about rules or this contest, please contact the 4-H agent, Brittney Ivey. While dishes are being judged there will be a food demonstration where the contestants will have a hands-on learning with the veterans. This event will allow the 4-H'ers to be apart of a cookery contest, learn a new skill, and provide a service to the local veterans.

ALL DISHES MUST BE BROUGHT CHILLED! (Bring in ice chest on ice)- unless it is a dish not needed to heat up ex. Cakes, cookies, etc.



4-H night with the Pelicans

Pelicans vs. Miami Heat-Friday, February 23, 2018

4-H members and their families can buy discount game tickets.

Tickets can be ordered by going to www.pelsgroups.com/4H.



Poetry Contest

Safety is very important in every-day life. One of the important things 4-H focuses on is how to be safe. Show off your poetry skills with what you know about safety. Pick one safety topic to write about. Example: bike safety, railroad safety, road safety, hunter safety, etc. The poem can be any type of poem at any length. Extra points if you present your poem at your next club meeting!

RULES: Must be typed in Times New Roman, 12 pt. font, and double spaced.

Contest will be 4th-6th, 7th-8th, and 9th-12th grade.

DUE March 28, 2018.

St. John 4-H Instagram Page!



@st.johnparish4h

Do you have an Instagram?

Then follow us on Instagram now!

You will get all the reminders from 4-H and you might see yourself show up on the page from events and club meetings.

SPEECH CONTEST

West Bank: March 6, 2018

East Bank: March 7, 2018

Are you great at coming up with speeches? Do you love doing demonstrations? Do you have a talent for talking in front of people? Then you should love this contest!

Sign up with your 4-H leader and Ms. Ivey will come to your school and listen to your speech.

You can pick either a speech about a person you admire or a certain topic you are passionate about or you can decide to do a demonstration. (showing how to make something or an experiment)

Rules: This contest can be a single entry or a pair (2).

Speeches need to be 5 to 10 min.

Demonstrations need to be 10 to 15 min.

Pair speeches: Both members must talk and be involved.

Demonstrations: Must talk through the whole demo. Ex. Talk about what you are doing.

Contact Us

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St. John Parish 4-H

It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, gender, religion, age, or disability.

If you have a disability which requires special assistance for your participation in any of our activities, please contact the office at 985-497-3261.



Join the Remind App!

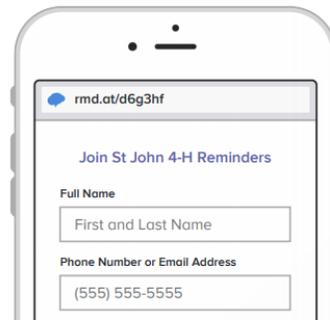
Sign up for important updates from Ms. Ivey. All the important dates coming up. All the events you might need extra help knowing when it is. All the information you need from 4-H sent right to your phone!

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/d6g3hf

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @d6g3hf to the number 81010.

If you're having trouble with 81010, try texting @d6g3hf to (323) 629-4105.

* Standard text message rates apply.



4-H Member of the Month

Torie Joseph!

Torie Joseph is a 7th-grader at Ascension of Our Lord. She is a proud member of 4-H and the community. She is a great officer for her club and help manage to make sure the meeting runs smoothly. Torie is a valued member for her club; she is always there to assist her leader and her agent in any way possible and is ready to be involved in any activity 4-H has to offer. Thank you for being apart of St. John 4-H and we can't wait to see what you will do next.

4-H Volunteer of the Month

Natalie Natell!

St John Parish 4-H could not grow without the help of amazing volunteers! This month's volunteer of the month is Natalie Natell! She has been apart of the 4-H community for several years. Ms. Natell is a 4-H leader at St. Peter School in Reserve, LA. She has been an amazing leader to the group at St. Peter. Not only have they grown as a club through 4-H, she has made them even better leaders in these past couple of months. She has trained them to learn how to run a meeting and always encourages them to be involved in every activity. Thank you Ms. Natell for making 4-H great!

4-H Cookery Contest

2:00pm-5:00pm

Veterans' Home Reserve

RULES and REGULATIONS

For food safety purpose, bring dishes chilled in a ice chest on ice.

PURPOSE– All cookery contest are deigned for the education and enhancement of 4-H club members. Each emphasizes specific agriculture commodities.

The categories include: Egg, Ground Beef, Poultry, Seafood, Sugar, and Bento Box. Each contest has divisions within (except Bento Box).

Contestant may enter more than one dish, but only one dish per division.

A copy of the recipe must be submitted with the dish. Contestant's name and school must be stated on the back.

If you want to be involved with the contest you must sign up by Wednesday, February 21st with Ms. Ivey (bivey@agcenter.lsu.edu or 985-497-3261)

Sugar Cookery Contest:

Divisions: Cakes, Cookies, Candy, Pies

General Rules:

1. Bring to the contest a prepared sugar dish. This dish must use at least one (1) cup of sugar. Brown sugar, granulated sugar, confectioner's sugar or raw sugar can 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

1. Bring to the contest a prepared seafood dish. This dish must use at least one (1) cup of seafood. The seafood must be fresh, frozen, pasteurized or dried. Canned seafood will not be acceptable.

Egg Cookery Contest:

Divisions: Appetizers/salads, Main Dish, Desserts

General Rules:

1. Dishes entered 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 2 eggs each

Ground Beef Cookery Contest:

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

1. Low-Calorie Main Dish: provides less than 300 calories per serving. Calculations of calories must be stated on recipe.
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 or baking should be stated on the recipe.
3. One-Dish Meal: provides complete servings from at least of the four required food groups. Food groups must be stated on the recipe.
4. Dishes entered 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 bone-in chicken or 1 pound of deboned chicken meat.
2. Processed Poultry Products– A dish which includes at least 12 oz. of processed poultry products.
Ex: Ground turkey, turkey sausage, smoked chick, turkey rolls, ground chicken, chicken franks, turkey ham, canned chicken, turkey bacon, smoked turkey, and chicken strips.
3. Other Poultry Meat– A dish which contains at least 2 pounds 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.

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