



Terrebonne 4-H Cajun Chronicles

Calendar of
Events

September 2022

September

19: Junior Leader Mtg
22-25: SRLTC
28: Officer Training

October

4: Pumpkins Due
22: Seafood and Rice
Cookery

November

7-11: 4-H Week
19: Poultry and Egg
Cookery and Pet Show

December

3: Beef, Sugar, and
Sweet Potato Cookery

January

28: Parish Livestock
Show

February

2-4: District Livestock
Show
11-18: State Livestock
Show

You BEE-LONG in 4-H!



Dear 4-H Parents, Members, and Leaders,

We "BEE"lieve that you "BEE"long in 4-H!

Honeybees are social insects, important to our environment. What does that have to do with 4-H, you might ask? 4-H is a social organization.

Welcome to the 2022-2023 4-H year! Throughout this year, we hope that you all see the value of the 4-H program. A child who is actively involved in 4-H will gain leadership skills, citizenship skills, and life skills. 4-H members will make many friends and memories throughout the year.

We have a successful program because of our Awesome Volunteer Leaders, but the involvement of parents in their child's 4-H projects and activities is just as important.

All 4-H members are allowed to participate in Parish 4-H Events, Activities, and Contests throughout the year regardless of their project book chosen. Please remember that good conduct is important to 4-H, as we are leaders in the community.

Our educational focus this year is Wetland Education. In each club meeting, the agents will conduct short lessons on a topic related to wetlands. We will celebrate 4-H Week in November, be on the look-out for additional information. We look forward to a fun filled year and cannot wait to meet all Terrebonne Parish 4-H members. It's going to BEE a great year!

Sincerely,

Mrs. Cherie and Mr. Reed



**IT'S GOING TO
BEE
A GREAT 4-H YEAR!**



What is 4-H?

4-H is America's largest youth development organization—empowering nearly six million young people with the skills to lead for a lifetime. Louisiana's 4-H program has thousands of members who take part in 4-H meetings and activities year-round. 4-H covers a wide range of projects to do on your own or with your friends and family members! Follow your passion and see how far it will take you!

4-H 101

4-H Emblem: Clover

4-H Colors: green & white, black & white, or white with black

4-H Motto: "To make the Best Better"

4-H Slogan: "Learn by Doing"

What does it cost to join?

You will only pay dues at the beginning of each school year. Each school club has their own fee, so ask your leader the cost.

Join 4-H!

Any boy or girl, who is 9 years old by January 1st of the current school year through the 12th grade and is willing to follow the 4-H ideals and standards, is eligible for membership. **This year you can join 4-H Online! To join 4-H Online, visit <https://v2.4honline.com> or scan the QR code on the right.**

4-H Pledge:

"I pledge

My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service and
My Health to better living,
for My Club, My Community, My
Country and My World."

What are some other 4-H programs?

Camping, shooting sports, sewing, parish contests, 4-H University, pet show, Achievement Day and many other programs are offered through 4-H. Going places and doing things in 4-H helps to teach boys and girls to enjoy working together. These programs add interest to the 4-H project by offering additional fun-type educational opportunities that promote the ideals of 4-H.



Livestock Exhibitors



Please contact Mr. Reed at rhimel@agcenter.lsu.edu if you are interested in showing livestock (cows, goats, pigs, sheep, rabbits, chickens) in 4-H during this school year.

2023 LSU AgCenter State Livestock Show Breeding Animal Possession Dates.

November 7, 2022: Beef, Sheep, Goat, and Dairy Breeding.
November 14, 2022: Miniature Cattle
December 2, 2022: Swine Breeding

All Terrebonne 4-H members must be enrolled in the Terrebonne Livestock program by October 14, 2022. To enroll send an email to Mr. Reed and let him know what animals you will be showing this year.

Parish Show January 28, 2023
District Show February 2-4, 2023
State Show February 11-18, 2023



Terrebonne 4-H Cloverbuds are allowed to participate in all 4-H events and activities for most 4th - 12th grade members.

Please be aware that cloverbuds do not compete (or win), they participate. They will receive a green participation ribbon for everything they enter. Please contact Mrs. Cherie with any questions.

Pumpkin Decorating Contest

Happy Fall!! We are asking Terrebonne Parish 4-H Members to be creative and enter the Pumpkin decorating Contest.

Rules: 1 entry per member

1. Must be handmade by the 4-H member.
2. **No store-bought pumpkins (NO real or fake pumpkins).**
3. Must have the 4-H Clover on the pumpkin.
4. Pumpkin must not be larger than 8x11. It can be whatever shape you like. It can be flat or 3D.
5. No edible items or real flowers.
6. Your name, school name and grade should be attached to the pumpkin with a gift tag.
7. Ribbons will be awarded to the 1st, 2nd, and 3rd place in elementary, middle, and high school divisions.
8. Pumpkins are due to the 4-H Office (8026 Main Street, Suite 402, Houma 70360) by October 4, 2022, no later than 4:00 p.m.
9. Pumpkins will be donated to a local nursing home and cancer treatment facilities.



4-H Seafood and Rice Cookery

Terrebonne 4-H host 3 cookery days throughout the year. Our cookeries encourage families to cook at home using Louisiana Commodities while building quality family time within the home.



Saturday,
October 22, 2022
Montegut Middle School
138 Dolphin St. Montegut, LA

Registration:

In Cafeteria

9:00—9:30 a.m.

Judging:

Parents or Members are not
allowed to stay in the judging
area.

9:30-11:30 a.m.

Awards:

In Cafeteria

11:30 a.m.

All dishes must be covered and chilled prior to arrival and arrive at registration COLD. Your dish will be disqualified if it is not completely cold at the time of inspection. NO EXCEPTIONS! Microwaves will be available for judges to heat samples before tasting dishes.



*A sample of 4-6 servings (in one dish) is requested for judging. Place name and school name **under the dish/container**. All samples should be placed in a **covered** container. **Do not bring any dishes uncovered**. Dishes will remain covered until judging. If you do not plan to attend the awards and will not pick up your dish, make sure submit your dish in a disposable container. We will throw away what's left out and bring your ribbon to the next club meeting.

You must provide a copy of the recipe (recipe should have the 4-H'ers name and school name **on the back**). The recipe should include the name of the dish, ingredients, how much of the commodity it contains and clear preparation instructions.

Previous year grand champion dishes may not receive 2022-2023 Grand Champion awards. 4-H'ers will not be allowed to win grand champion in more than one category.

All dishes receive ribbon awards. Grand Champion dishes selected in each category will receive awards.

1 point will be given to each member for entering the cookery regardless of the number of dishes entered. Cloverbuds receive participation ribbons.

Seafood Cookery Guidelines

Seafood used should be
Louisiana seafood.

Categories: Shrimp Main Dish, Shrimp
Appetizer or Salad, Crab, Oyster, Fish and
Other Seafood, Crawfish

Guidelines:

1. Any 4-H member may participate.
Participants may enter only one (1)
seafood dish in each category.

2. Prepare a food dish using at least **1 cup** of LOUISIANA seafood as an ingredient. The seafood must be fresh, frozen, pasteurized or dried. Canned seafood will not be acceptable.

- Surimi, an artificial crab made from fish, cannot be used. There can be no raw seafood in the final dish.

3. 4-Her's are encouraged to prepare "healthy" seafood dishes. Avoid excessive amounts of fat and sodium. Avoid frying foods. Dishes will be judged on taste and nutritional content/value.

4. 4-Her's will not be allowed to win grand champion in more than one category.

5. Winners in Shrimp Main Dish, Crab, Oyster, Fish and Other Seafood, and Crawfish will represent Terrebonne in the area cookery contest. Shrimp Appetizer/Salad Grand Champion will not participate in the area cookery unless the Shrimp Main Dish winner cannot attend.

Rice Cookery Contest

Categories: Rice Main Dish, Rice Side Dish, Rice Dessert

Guidelines:

1. Any 4-H member may participate. Participants may enter only one (1) rice dish in each category.

2. Contestants must bring a prepared **rice** dish, containing at least 1 cup of cooked rice.

*wild rice is not a cultivated rice in Louisiana and does not meet the requirement of 1 cup rice for this contest. Dishes containing rice products such as rice cereal, rice flour, etc. must also contain cooked rice. "Rice Crispy" cereal cannot be used as rice for this cookery.

3. 4-Her's will not be allowed to win grand champion in more than one category.

4. Winners in each category will represent Terrebonne Parish in the area cookery contest.

4-H Shooting Sports

Terrebonne Parish 4-H offers Shooting Sports to 4th –12th grade 4-H members. You can participate in three disciplines– archery, rifle, and shotgun. This 4-H project requires parents to be present with their child at all shooting sports events and activities. **Registration information will be included in the October 4-H Newsletter.** If you have questions, please contact Mrs. Cherie at 985-873-6495.



Summer Highlights

It was great to be back to "in person" summer camps and events. We are proud of all Terrebonne 4-H members who represented us this summer at various camps and events.

4-H University



We had an amazing group of teens represent Terrebonne Parish 4-H at the 2022 4-H University Contest. The following 4-H members placed in their contests:

Child Development – Katelyn Charpentier – 2nd place (Blue Ribbon); Macy Price- 5th place (Blue Ribbon)

Consumer Decision Making – Charles Tenney- 1st Place (State Winner, Blue Ribbon), Carmen Robichaux -6th Place (Blue Ribbon), Katee Lyons – 9th Place (Blue Ribbon)

State Winning Team for Consumer Decision Making- Charles Tenney, Carmen Robichaux, Katee Lyons, Cody LeBoeuf. They won a trip to the National Contest in Denver, Colorado.

Outdoor Skills Team – 5th Place – Madeline Cunningham, Carter Neil, Rebecca Theriot

Public Speaking – Ashley Green – 1st Place (State Winner, Blue Ribbon) Ashley won a trip to National 4-H Congress in Atlanta, Georgia.

Fine Arts Contest – Makayla Rhodes – 1st Place (Blue Ribbon)

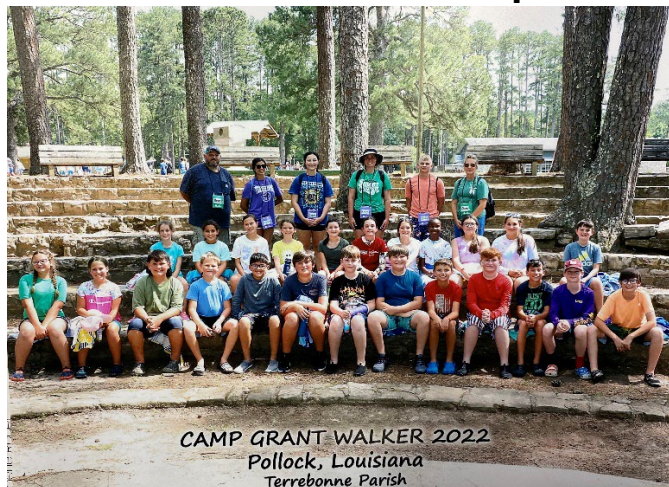
We are also proud of the following members who represented Terrebonne Parish 4-H: Izzy Allen, Dalton Becnel, Breanne Lirette, Hunter Lirette, Emma Pinell, Makayla Rhodes, Grant Roger, Chelsi Theriot

4-H Horse Shows



Sophie, Tanner, Laney, and Ava represented Terrebonne Parish 4-H at the Bayou Area Horse Show, the District Horse Show and the Sate Horse Show. These girls did an amazing Job! Sophie, Laney, and Ava qualified to compete at the Southern Regional Horse Show in Perry, Georgia. Ava traveled to the Southern Regional Horse Show where she competed in speed events, barrels, poles, and stakes. Ava placed first in preliminary poles. We are proud of these girls, they put in a lot of time into their horse project, and it shows when they get into the arena.

4-H Summer Camp



4th -6th Grade 4-H members enjoyed 4 days at 4-H Camp Grant Walker. We are thankful for the 4 counselors who did a great job of helping and leading the younger 4-H members.

National 4-H Shooting Sports Competition



Cole Adams earned a spot on the Louisiana 4-H Compound Archery Team at the State 4-H Shooting Sports Competition in April. He traveled to Grand Island, Nebraska this summer to compete at the National 4-H Shooting Sports Competition. Cole and his team placed 2nd overall and the Louisiana Shooting Sports Team (all disciplines) placed 2nd overall at the National Shooting Sports Competition in We are so proud of Cole and all who represented Louisiana.

Contact Us

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Get ready to cheer on our LSU Tigers as they take on Mississippi State on September 17. Save the date for our first annual Bash on Bayou- LSU College of Agriculture, 4-H and FFA Tailgate. More information on Tailgate registration coming soon. Group tickets for game will be \$38 and may be purchased at: [: https://fevo.us/fv-offer--20220728-A66-203/?](https://fevo.us/fv-offer--20220728-A66-203/?)

"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 4-H office at 985-873-6495 two weeks prior to the event.

