



# St. John Parish 4-H Clover Chronicle

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## Announcing!!! 4-H Cookery Contest

### 4-H Food Focus Workshop!!!

The workshop will be held on Oct. 15, 2013, from 5:00 p.m. to 6:00 p.m., at the 4-H Office, located in Edgard. Get the edge on the competition for the Cookery Contest by learning some great tips in preparing tasty food dishes!!!

### 4-H Cookery Contest!!!

The 4-H Cookery Contest will be held Saturday, Oct. 19, 2013 at the Andouille Festival. Registration starts at 12:00 noon. All entries must be in by 12:30p.m. Judging will be from 1:00p.m.-3:00 p.m. Awards presentation will be at 3:30p.m. in Kids Zone. Please read all contest rules on the contest flyer. We look forward to your participation!!!

## Upcoming Events

- ◆ September 19, 2013 - Parish Volunteer and Leader Training
- ◆ September 24, 2013 - Regional Volunteer and Leader Training
- ◆ September 24, 2013 - Parish Officer Training/Club Planning
- ◆ September 26, 2013 - United Way Golf Classic
- ◆ October 6-12, 2013 - National 4-H Week
- ◆ October 15, 2013 - Food Focus Workshop
- ◆ October 19, 2013 - 4-H Cookery Contest
- ◆ October 24, 2013 - Pumpkin Decorating Contest

## 4-H Pumpkin Decorating Contest

The St. John Parish 4-H Pumpkin Decorating Contest will be held on Thursday, Oct. 24, 2013. Get your pumpkins prepared!!!



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## 4-H DAY WITH THE TIGERS

The Annual 4-H Day with the Tigers is scheduled for Saturday, Oct. 26, 2013 in Tiger Stadium versus Furman. It's homecoming and will provide extra excitement and activities during the game! LSU has offered tickets to 4-H families and supporters for a reduced price of \$25.00. In conjunction with the game, there will also be a tailgate in Parker Coliseum prior to kickoff. If you would like to order tickets to the game, you can use the link below and password: **STATE4H**.

**GEAUX TIGERS!**

**Order Tickets Here:** [http://ev10.evenue.net/cgi-bin/ncommerce3/EVExecMacro?DB\\_OEM\\_ID=5200&linkID=lsu&evm=prmo&RSRC=&RDAT=&caller=PR](http://ev10.evenue.net/cgi-bin/ncommerce3/EVExecMacro?DB_OEM_ID=5200&linkID=lsu&evm=prmo&RSRC=&RDAT=&caller=PR)

## 4-H LIVESTOCK PROJECT

**Attention Livestock Competitors!!!**

If you are interested in competing in the upcoming LSU AgCenter Livestock Shows, please be aware of the validation dates and guidelines listed below.



**Beef and Dairy Commercial Heifers, Market lambs, Commercial Ewes, Market Goats, and Commercial Does** will be validated Nov. 4 thru Nov. 9, 2013. Nov. 9, 2013 will be the absolute last date to validate Commercial Beef and Dairy Heifers, Market lambs, Commercial Ewes, Market Goats, and Commercial Does for the LSU AgCenter Livestock Shows.

**Market Hogs** will be validated thru the week of Dec. 2 thru Dec. 7, 2013. Dec. 7, 2013 will be the absolute last date to validate Market Hogs for the LSU AgCenter Livestock Show. **\*Exhibitors who have not previously completed the online Quality Assurance and Ethics certification, that is mandatory for each exhibitor to show, must complete this prior to entering the 2013 Show. The certification is located at <http://qaec.lsuagcenter.com/>**

**Please print the certificate and submit it with the Livestock Show Entry form.**

## 4-H CHALLENGE CAMP

**When:** Nov. 4, 2013—Nov. 6, 2013

**Where:** Tickfaw State Park



Each year the different regions in Louisiana 4-H put on a Challenge Camp designed just for 7<sup>th</sup> and 8<sup>th</sup> grade 4-H members. The Southeast Region Challenge Camp will be held at Tickfaw State Park. Challenge Camp provides a unique camping experience that leads you through awesome team-building activities and exhilarating games, allowing you to make memories that will last a lifetime!

## SCHOOL GARDEN PROJECT!!!



A garden positively addresses six of the eight contributing factors to obesity identified by the Centers for Disease Control and Prevention. Gardening helps people learn about making better food choices, encourages physical activity, and leads to healthier environments at school, at home, and in the community. In efforts to promote and encourage 4-H'ers to make healthier food choices, St. John is encouraging schools to participate in the School Garden Project. **If your school is interested in participating in the school garden project, please contact the St. John Parish 4-H Office. We look forward to seeing what**

**you can grow!!!** Remember, gardens provide a positive reason for people to come together and work towards greening our community!