



St. Martin Parish 4-H Bayou Gazette



January 2012

St. Martin Parish Cooperative Extension
114 Courthouse Street
Breaux Bridge, LA 70517
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Website: www.louisiana4h.org/stmartin
Office Hours: 8:00 a.m. to 4:30 p.m., Monday-Friday

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

Dates To Remember

January:

- 5 Broiler Chick pick-up
- 11 Parish Livestock Premier Exhibitor Tests
- 13-14 St. Martin Parish Livestock Show
- 16 MLK Holiday (4-H Office closed)**
- 25-28 Acadiana District Livestock Show (Lafayette)
- 27 Hornet's Ticket Orders due

February:

- 4 SUPER SATURDAY CONTEST DAY - Parish Rabbit Show (livestock barn), Chick-N-Que Contest, Seafood and Beef Cookery Contest,
- 7 Parish Poultry Premier Exhibitor Contest
- 8 Parish Broiler Show (Livestock Barn)
- 10 Hornets Hoops & Clovers Night-New Orleans
- 11-18 LSU State Livestock Show (Gonzales)
- 21 **Mardi Gras Holiday (4-H Office Closed)**

March (No Club Meetings):

- 1 ALL Record Books & Project Books Due*
*Books received after this deadline **will not be considered for Outstanding Record Book Awards and will not be judged**
- 17 Amazing Race Contest
- 24 Demo / Speech / Interview Contest
- 30-4/1 Regional Shooting Sports Match (Lake Charles)

April: (No Club Meetings):

- 2 Outstanding Club Member Applications due
- 5 Achievement Day (BBHS)
- 6 Good Friday (4-H Office Closed)**
- 12-19 LEAP Testing
- 23-27 Youth Wetlands Week
- 27-29 State Shooting Sports Match

May:

- 15 4-H Honors Night (BBHS)

June (Enjoy your Summer):

- 6 4-H Day at the Capitol



**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.**

Merci

**Thanks to all of the clubs that
donated items to the Food for
Families Food Drive.
It all stays in St. Martin Parish!
You are all appreciated!**



4-H PROJECT BOOK & PORTFOLIO DEADLINES



**Agents will pick up 4-H members' project books & portfolios
on March 1, 2012**

(Note: Your leader will ask for your books before this date!)

Members who turn in books after this deadline are eligible to attend Achievement Day, but these books will NOT be judged and the member is not eligible for Outstanding Record Book Awards or for Outstanding 4-H Member honors.

Don't delay - work on your books today!



**SUPER SATURDAY
Contest Day
February 4, 2012
Breaux Bridge High School campus**



**Contests Include:
Chick-N-Que Contest
Ground Beef and Seafood Cookery Contest
Rabbit Show**

A contest rule and regulation packet will be given to all interested 4-H'ers at the Jan. meeting.

The LSU Agricultural Center, a statewide campus of the LSU System, and Southern University Agricultural Research and Extension Center, a statewide campus of the Southern University System, provide equal opportunities in programs and employment. Louisiana A&M College, Southern University and A&M College, Louisiana parish governing bodies, and United States Department of Agriculture cooperating.



Hoops and Clovers Night

Hornets vs. Portland Trail Blazers
Friday, February 10, 2012
New Orleans Arena

Are you ready to rumble with the New Orleans Hornets? Don't miss the Hornets as they take on the Portland Trail Blazers for a night of excitement & entertainment!

Come out and watch the
Hornets take on the Trail Blazers on
February 10 2012, at 7:00 p.m. in the New Orleans Arena.

For Ticket ordering, call the 4-H Office @ 332-2181 or email lbrumbaugh@agcenter.lsu.edu by January 27th.

All upper level seating is \$25.00
For lower level seating call (504)593-4741.
4-H members & their families are responsible for transportation to the game.

This event will allow over 300 4-H members the opportunity to participate in pre-game and halftime activities.

GEAUX HORNETS!



**Shooting
Sports News**

**Shooting Sports
Project Books:**

Registered participants received their Project Book at the mandatory Safety Meeting.

Participants should begin working in these books now so that they can be turned in along with their portfolio and other project books by the appropriate deadlines.

IMPORTANT:

REMEMBER: In order to participate in regional and/or state competitions, the participant must turn in their shooting sports project book and portfolio by the parish deadline & have acquired the minimum number of training/practice hours required for the event.

St. Martin Parish 4-H Broiler Show



The St. Martin Parish 4-H Broiler Show will be held on Wednesday, February 8, 2012 at the livestock show barn on the Breaux Bridge High School campus.

The Broiler Premier Exhibitor contest will be held on February 7, 2012 at the 4-H office in Breaux Bridge.

Broiler exhibitors will receive additional information about this show and the premier exhibitor contest in the mail.



TRUSTWORTHINESS

As we start a new year, let's start on the right foot. Let's make the world a better place. One way to keep that promise is to practice the six pillars of character.

January is the month for Trustworthiness. A trustworthy person is a person of integrity and one who stands up for his/her beliefs. If you are trustworthy, you follow your conscience. Always have the courage to do what is right and to try new things even when it's hard.

Being trustworthy means always telling the truth and nothing but the truth. Be sincere. Don't lie, cheat, steal, or sneak. Just practice the pillars of character and start the year off right!

Livestock News

Parish 4-H & FFA Livestock Show

The 74th Annual St. Martin Parish 4-H & FFA Livestock Show will be held **January 13-14, 2012** at the livestock show barn on the Breaux Bridge High School campus.

The Friday night show will begin at 7:00 p.m. with sheep, goats, and dairy cattle. The Saturday show begins at 7:30 a.m. with beef cattle followed by swine, and concludes with a market animal sale at 1:00 p.m.

There is no admission fee for the show and 4-H members and their families are invited to attend and support our livestock exhibitors. A concession stand will be available, serving delicious food.

Acadiana District Livestock Show

The Acadiana District 4-H & FFA Livestock Show will be held **January 25-28, 2012** in Lafayette.

State 4-H & FFA Livestock Show

The State 4-H & FFA Livestock Show will be held **February 11-18, 2012** at the Lamar Dixon Expo Center in Gonzales.



New Contests Offered!



4-H Amazing Race

*To start a new tradition and learn about the past,
4-H members are invited to have a blast.
We will celebrate St. Patrick's Day by showing our green
Going all around town being seen
You'll work in groups to find a clue
Find a solution, that's what you'll do.
You'll be challenged to work fast
You don't want to finish last
So sign up today to join in the fun
You'll learn a lot, be challenged and around town you'll run!*

Have you ever wanted to compete on the Emmy winning show Amazing Race? Now is your chance! Teams will go on a race through downtown Breaux Bridge to complete challenges and solve clues. 1st-5th place winners will be announced.

Pre-Registration is REQUIRED using the form below. Registration is due to the 4-H office by February 27, 2012.

When: Saturday, March 17, 2012
Starting Location: 4-H Office
Start Time: 9:00 am

Who: Teams of up to 3 (three) 4-H members and 1 (one) adult can enter. Each team must have an adult over the age of 18 to help them or all team members must be in high school.

Teams can be made up of 4-H members from different clubs and/or grades.

Pre-Registration is required. Team members may be substituted if a member cannot attend the day of the contest.

Detailed rules and instructions will be sent to teams that register.

2012 4-H Amazing Race Registration Form

Due to the 4-H Office by February 27, 2012.

Team Members Name, School & Grade

Team Member #1 Name: _____

Grade: _____ School: _____

Team Member #2 Name: _____

Grade: _____ School: _____

Team Member #3 Name: _____

Grade: _____ School: _____

Adult Name _____

E-mail _____

Mailing Address: _____



Demonstration/Speech/Interview Contests Day

New this year: Demonstration and Speech contests will not be held at Achievement Day. They will be held during a contest day on Saturday, March 24th. Exhibit contests will still be conducted at Achievement Day. Thanks for your cooperation as we make this transition.

When: Saturday, March 24, 2011
Location: TBA
Time: TBA

Contests Offered:

Cloverbuds: Show & Tell Demo

4th-12th Graders:
Food Demonstration
Non-Food Demonstration
Speech
Interview

Each club can enter up to 5 entries per contest.

Pre-Registration is required by the club leader of each club.

Rules, information regarding registration and location/time will be available in the February Newsletter.

Questions: 332-2181 or email Mrs. Hope or Ms. Laura at hguidry@agcenter.lsu.edu or lbrumbaugh@agcenter.lsu.edu

DAIRY



During the January club meetings the 4-H agents will present a program entitled The Butter Side of Moo.

HISTORY of Dairy Cows in Louisiana

In the early days, cattle were used to produce milk for the family that owned them. As people gradually moved into the cities, farmers began to buy more cows and produce enough milk to sell to their neighbors. In the early 1930s the importance and size of the dairy industry grew rapidly. Refrigeration, pasteurization and homogenization are some of the technological advances that helped the dairy industry to grow.

Today, the size of dairy farms varies in the number of cows, but most are still family-owned. A cow that is raised to produce milk is called a dairy cow. In Louisiana, the most common kind of dairy cow is the Holstein, which is black and white. One dairy cow can eat as much as 20 pounds of grain and 30 pounds of hay per day. This enables them to produce as much as 12 gallons of milk per day. Most farms are located in the southeast part of the state in Tangipahoa, Washington and St. Helena parishes. Dairies are also found in the northwest part of the state. *(From the Louisiana Ag in the Classroom Commodity Fact Sheet)*

Did U Know?

15 parishes in Louisiana have Dairy Farms

A DAIRY cow drinks 35 gallons of water a day

A DAIRY cow eats 50 to 90 pounds of food each day

Cows can produce up to 7 to 12 gallons of milk per day

A dairy cow works 365 days a year

Holsteins are the most common dairy cows in Louisiana

Homemade Butter

This activity is what the 4-H agents presented during the January club meetings.

Try it at home with your parents permission!

Materials Needed:

- Jar (pint sized) can be plastic or glass. 2 ounce cups with lids also work well
- Heavy whipping cream, preferably at room temperature
- Salt
- Crackers

Directions:

- 1-Fill jar or cup 2/3 full with whipping cream. Firmly secure the lid. Be sure to leave some space in the container.
- 2-Shake container briskly for 5-10 minutes (the more cream in the container, the longer it will take). Continue shaking until the butter is a solid lump in the jar. Once the butter has formed, open the container and pour off the buttermilk.
- 3-To make salted butter, add salt after the butter is formed.
- 4-Spread butter on crackers and enjoy.

Experiment:

For an experiment instead of using heavy whipping cream, try using light cream (18 percent cream), regular milk (3.5 percent cream) and 2% milk (2 percent cream). Compare the results. What was the same? What was different? Why were there differences?

Hot Pizza Dip

Contains the Dairy products cream cheese, sour cream & cheese!

Makes 10 Servings

Yield: 4 tablespoons, per serving

Prep Time: 10 min

Cook Time: 10 min

Nutritional Facts

Calories: 110

Total Fat: 6 g

Saturated Fat: 4 g

Cholesterol: 20 mg

Sodium: 300 mg

Calcium: 25% Daily Value

Protein: 7 g (7 g dairy protein)

Carbohydrates: 5 g

Ingredients

- 6 ounces light cream cheese (Dairy)
- 1/2 cup light sour cream (Dairy)
- 1 teaspoon oregano
- 1/2 cup pizza sauce
- 1 cup shredded low-moisture, part-skim Mozzarella cheese (Dairy)
- 1/4 cup diced red peppers
- 1/4 cup sliced green onions
- 1/2 cup grated Parmesan cheese (Dairy)
- Whole wheat bread sticks or crackers

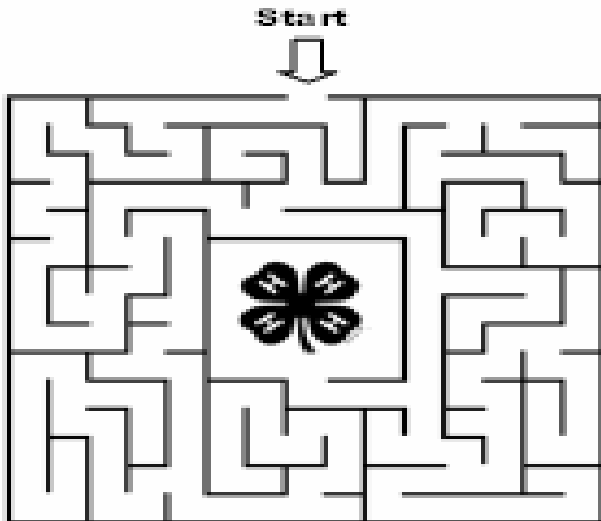
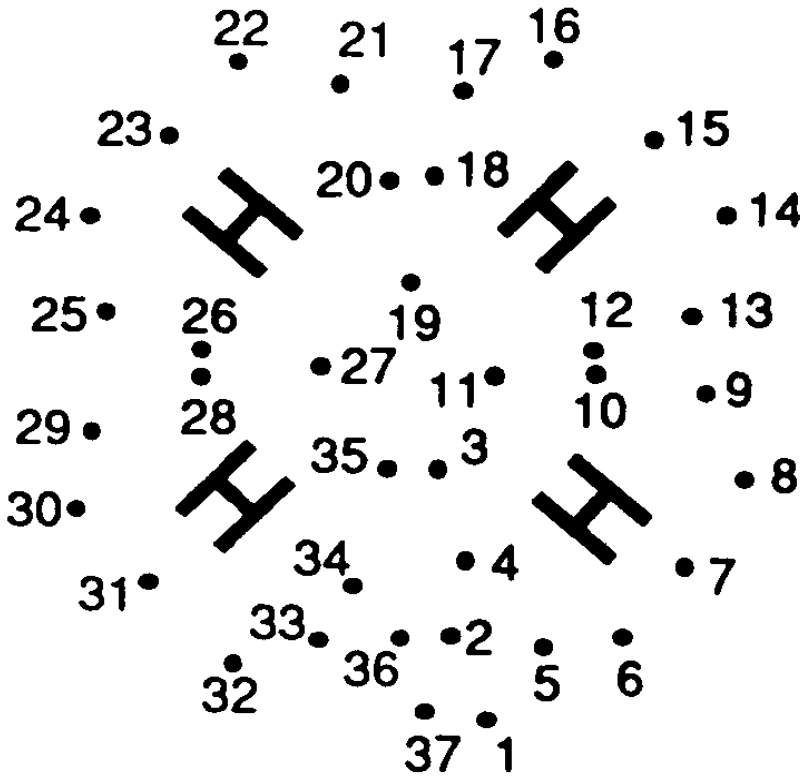
Combine cream cheese, sour cream and oregano in bowl; stir until smooth. Spread cream cheese mixture evenly into 9-inch pie plate or quiche pan. Top with pizza sauce, Mozzarella cheese, peppers and onions. Sprinkle with Parmesan cheese.

Bake at 350 degrees Fahrenheit for 10 minutes, or until cheese is melted. Serve with whole wheat breadsticks or crackers.

Recipe created by 3-Every-Day™ of Dairy



Connect the Dots



Search for
St. Martin Parish 4-H
 &
St. Martin Parish 4-H
Junior Leaders

Become our friend or join our group to get all the latest news and see pictures from all of our events!



@StMartin4H



Remember to Collect Pull Tabs
 For the Ronald McDonald House

Pull tabs can be turned in to the 4-H Office until the **March 1, 2012** deadline.

Visit our website: www.lsuagcenter.com

4-H is a **community** of **young people** across America who are learning **leadership, citizenship** and **life skills.**



Sincerely,

Mrs. Hope

Hope Guidry
 4-H Agent

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Ms. Laura

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 4-H Agent

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