



Fourth Annual Gumbo Cook-Off, Raffle and Silent Auction

The Gumbo Cook-Off will be held at
Henry Guidry Memorial Park
Henderson, LA
Saturday, March 10, 2012

Registration Begins	9:00 am
Judging	5:00 pm
Serving Begins	5:30 pm
Awards	7:30 pm

Categories: Chicken & Sausage, Seafood

*Live Music – DJ Phil Peltier, Nik-L-Bear &
Jamie Bergeron & the Kickin' Cajuns*

Rules and Regulations (please read carefully):

- \$50.00 Entry Fee per Team if registration is received before February 24, 2012. Registrations received after February 24, 2012 are subject to a \$10 late fee. Registrations are accepted at the door with \$10 late fee.
- Teams can begin check-in at 9:00 am. Cooking can begin after registration. Registration will be concluded at 10:00 am.
- The gumbo must be cooked on Park Grounds. Due to limited space and unpredictable weather it is recommended that you bring a pop up tent. No teams will be allowed under pavilion.
- Each team can consist of 1-4 contestants. Four (4) additional wristbands will be given to teams for entry. Additional guests will have to pay \$10 admission into park.
- Each team must supply all ingredients, utensils, tables, and portable burners for cooking.
- We will provide serving cups, plastic spoons, and paper napkins for those sampling your gumbo.
- Each team must prepare a minimum of 4 gallons of gumbo with 5 judge's portions. (rice is optional for judging)
- Each team must provide necessary quantity of cooked rice for serving to crowd. There is a limited supply of power to run rice pots so you are allowed to bring rice already cooked.
- Gumbo must be cooked from scratch within the time allowed, on site. Roux may be pre-cooked. We allow ingredients to be prepared prior to cook-off (onions, peppers, garlic, stocks, etc)
- Sausage allowed will be any ingredients in a casing.
- *Teams must keep areas clean during event and are responsible for cleaning their own cooking areas at end of event.*
- The Henderson Volunteer Fire Department will provide a cash bar in which some of the proceeds will go to Heartstrings and Angel Wings. (Ice chests belonging to teams for team members only are allowed, but please try to keep it reasonable. **NO GLASS CONTAINERS ALLOWED.** If you bring glass containers on the property, you will be asked to throw them away or remove them from Park grounds immediately.)
- Awards and prizes will be given for First, Second, and Third Place in each category.
- **DEADLINE for registration is March 10, 2012.** *Late fees apply to registrations received after February 24, 2012.*

FOR MORE INFORMATION, CONTACT COLT PATIN, (337) 277-6745.

Our Mission

Heartstrings and Angel Wings is a non-profit charity organization which provides clothing and other handmade items for babies in Neonatal Intensive Care Units. The items we provide aid in comforting the babies and uplift the spirits of the baby's family members. Heartstrings and Angel Wings is recognized as tax-exempt under Internal Revenue Code section 501(c)(3).

Why support Heartstrings & Angel Wings?

More than 1,400 babies are born premature every day. Most babies that are born prematurely face weeks to months in Neonatal Intensive Care. Families of premature babies face longer hospital stays and greater medical expenses for the mother and baby. The birth of a baby born prematurely is often out of emergency and unexpected—there is no time to prepare, there is often no explanation, and the experience is horrifying. After the NICU, some babies face lifelong illnesses or disabilities and a family is forced to make sacrifices and difficult decisions.

Heartstrings & Angel Wings steps in after the baby's birth to help the family and clothe their small miracle.

Heartstrings & Angel Wings is a locally based (Breaux Bridge), non-profit organization started by the Patin family after their own experiences of prematurity and finding out the need for micro preemie clothing. Our clothing is lovingly handmade out of cute material suitable for a baby. Clothing is donated either directly to the family of a premature infant, or given to hospital representatives to distribute directly to their patients.

Heartstrings' goal is to make a family's time in the Neonatal Intensive Care Unit a little easier—providing clothing to fit their 1-5 pound baby is a comfort that cannot be bought in the store. It also helps to know that somebody out there understands what they are going through. By giving the parents clothing for their new baby, parents are often allowed to interact more with their child in the NICU as a caregiver.

More information can be found on our website, www.heartstringsandangelwings.org.



**Fourth Annual Gumbo Cook-off
Saturday, March 10, 2012
Henry Guidry Memorial Park
Henderson, LA
Registration begins at 9:00**

**Please complete this form, sign, and return with payment to:
Heartstrings & Angel Wings
1005 Champagne Drive
Breaux Bridge, LA 70517**

Team Captain: _____

Captain Email: _____

Captain Phone Number: _____

Team Name: _____

Category (circle one): Chicken & Sausage Seafood Both (second registration fee required)

Captain Mailing Address: _____

Please Note: Registration fees are non-refundable. Please only mail checks (no cash) made payable to "Heartstrings & Angel Wings." Heartstrings and Angel Wings is recognized as tax-exempt under Internal Revenue Code section 501(c)(3).
*****Please fill out team information, read and sign release, and mail back only this page before February 24, 2012.**

RELEASE

Waiver of Liability: It is agreed by the applicants/participants that he/she as the undersigned and representative of team and guests, intending to be legally bound, hereby, forever release, discharge and hold harmless Heartstrings & Angel Wings and its Officers and Board Members, organizers, agents, and volunteers, from any and all liability for damages, injuries or loss of any type whatsoever which may arise directly or indirectly as the results of the operation of "Heartstrings & Angel Wings Fourth annual Gumbo Cook-off." This includes and is not limited to: transit to and from the event, set up, the event, and take down period. I agree that our participation shall be at our own risk and expense, at my own free will, and that this RELEASE is given of my own free will and accord.

Applicant(s) also understands that NO REFUNDS of participation fees will be issued due to bad weather or any other occurrences beyond the control of Heartstrings & Angel Wings. Further, I hereby grant Heartstrings & Angel Wings and agents to use any photographs, videos, or recordings for legitimate purposes to promote Heartstrings & Angel Wings and future events.

I have read the Hold Harmless agreement and policies and agree to all rules of the event.

Signed (Captain): _____ Date: _____

Print Name: _____