



**Fourteenth Annual Gumbo Cook-Off,  
Raffle and Silent Auction**

**The Gumbo Cook-Off will be held at  
Henry Guidry Memorial Park  
Henderson, LA  
Saturday, March 9, 2024**

Registration Begins	9:00 am
Judging	3:00 pm
Serving Begins	3:00 pm
Awards	7:00 pm

**Categories: Chicken & Sausage, Seafood**

*Live Music – Louisiana Red & Cory Landry*

**Rules and Regulations (please read carefully):**

- \$65.00 Entry Fee per Team. Registrations are accepted at the door.
- Teams can begin check-in at 9:00 am. Cooking can begin after registration. Registration will conclude at 10:30 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. Tents may be set up after registration on Saturday or on Friday, March 8 from 5-6:30pm.
- Each team can consist of 1-4 contestants. Eight wristbands (total) will be given to teams for entry. Additional guests will have to pay \$10 admission into park.
- Each team must supply all ingredients, utensils for cooking, tables, and portable burners for cooking.
- Heartstrings will provide serving cups, plastic spoons, and paper napkins for those sampling your gumbo.
- Each team must prepare a minimum of 5 gallons of gumbo with 6 judge's portions.
- Gumbo must be cooked from scratch within the time allowed, on site. Roux may be pre-cooked.
- Teams must keep areas clean during event and are responsible for cleaning their own cooking areas at end of event. **No dumping is allowed in the park.** Trash bins are provided.
- There will be a cash bar on site in which some of the proceeds will go to Heartstrings & Angel Wings. (Discounted cases will be available for teams to pre-order. **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.) Please limit drinks brought onto property.
- Awards and prizes will be given for First, Second, and Third Place in each category.
- This year's Cookoff theme is "Old McDonald". Please keep this theme in mind when preparing for the cookoff. *We will also have a booth/cooking area decorating contest using this specific theme. Please look for more information about this on our website and/or Facebook page and event.*
- **We are asking each team to bring at least ONE auction item to help the success of our auction fundraiser. It can be a stand-alone item or a gift basket with a variety. This is not required, but appreciated, and it is tax deductible. If you would like ideas, please message us and we will send you our current wish list.**
- **Preferred DEADLINE for registration is March 1, 2024. Registration IS accepted at the gate with \$65 registration fee.**

FOR MORE INFORMATION, CONTACT COLT PATIN, (337) 277-6745 OR (337) 332-4769.

**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?**

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 traumatic. After the NICU, some babies face lifelong illnesses or disabilities.

Heartstrings & Angel Wings steps in after the baby's birth to help the family and clothe their small miracle. We also provide bereavement gowns to those families facing a loss of their baby. We are a locally based (Breaux Bridge), non-profit organization started by the Patin family after their own experiences of 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. We also provide clothing for bereaved babies and other comfort items for the NICU.

*More information can be found on our website, [www.heartstringsandangelwings.org](http://www.heartstringsandangelwings.org)*



**Fourteenth Annual Gumbo Cook-off**  
**Saturday, March 9, 2024**  
**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, \$65 registration PER category):**    **Chicken & Sausage**            **Seafood**            **Both**

**Captain Mailing Address:** \_\_\_\_\_  
\_\_\_\_\_

*Please Note:* Registration fees are non-refundable. Please mail checks only (no cash) made payable to "Heartstrings & Angel Wings." Registration is also available online – please check our website for details. 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 March 1, 2024.*

### **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 Fourteenth 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, including refunds 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:** \_\_\_\_\_