



# 4-H News Flash!!

January 2019

Livingston Parish 4-H

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[www.lsuagcenter.com/livingston](http://www.lsuagcenter.com/livingston)

Facebook: Livingston Parish 4-H



## 4-H Calendar:

### January

- 12 Shooting Sports practice @ Mr. Kemp's
- 15 Fashion Revue garments due to 4-H Office
- 15 Food Festival- Lewis Vincent Elem. 5:30 p.m.
- 18-19 Parish 4-H/FFA Livestock Show
- 26-27 State 4-H Fashion Camp-Grant Walker Educational Center.
- 28 Emerald Achievement & Golden Clover Award applications due to 4-H Office
- 28 Honor Cord application deadline for seniors
- 31 Honey Bee Essays must be submitted

### February

- Heart Fund & 4-H Foundation Drive Month
- Jan.31-2 District Livestock Show
- 8 4-H Night with the Pelicans
- 9-16 State Livestock Show
- 15 Demonstration & Public Speaking Day entries due to the 4-H Office
- 18 Decorate for Fashion Revue 4:00pm
- 19 Fashion Revue, South Fork Elementary 5:30 pm
- 22 Heart Fund Money due to American Heart Association
- 27 4-H Summer Camp Call in Day
- 28 Demonstration & Public Speaking Day (all grades) - Doyle High School, 4:00 pm

### March

- 1 4-H Scholarship Applications due to the 4-H Office
- 5-9 Southern Regional Shooting Sports Match Gonzales & Port Allen, LA
- 8-10 Jr. Leadership Conference – Pollock, LA
- 29 Achievement Day, Walker High School**

### April

- 1 4-H Summer Camp fee due to the 4-H Office
- 15-20 State Shooting Sports Match, (Desoto & Caddo Parishes)

**Heart Fund Drive:** February is Heart Fund & 4-H Foundation Drive Month. 4-H clubs throughout the parish will again be responsible for the Heart Fund Drive in their school. Your club may choose to participate in the national programs like Jump Rope for Heart and Hoops for Heart or any other type of fundraiser may be selected such as candy sales, individual donations, etc. **All funds collected need to be mailed to the American Heart Association/Greater Southeast Affiliate, 2644 S. Sherwood Forest, Suite 108, Baton Rouge, LA 70816 by February 22, 2019.**

### Fashion Revue

This contest is open to all active 4-H Club members. The Ready-To-Wear information sheet and/or garments are due in the 4-H Office by **January 15, 2019** for judging. You must be present for Appearance Judging and the Fashion Show at South Fork Elementary in Walker on **February 19, 2019 at 5:30 p.m.** Contestants will be judged for total appearance as well as construction and each must submit a 30-40 word script. **Contact your 4-H Leader for a copy of the rules.**

**Cooperative Enterprise Teen Leadership Conference:** The conference will be held **March 29-31, 2019** at Grant Walker Educational Center. Throughout the conference, 4-H members will sharpen their leadership, marketing, money & management skills as they compete to build and manage their own cooperative business. The cost is \$50.00 per person. If interested in attending contact Ms. Christy for more information. Forms and money are due February 1<sup>st</sup>.

**Jr. Leadership Conference:** March 8-10, 2019 at Camp Grant Walker. This is a weekend camp for potential leaders from our parish who are 14 years and older. The theme for this year is "Say Aloha to JLC". There will be 6 different tracks developed and taught by the Executive Board members. The cost is \$90 for registration and \$80 if you ride the bus that is leaving from Hammond. If you are interested in attending, please contact Ms. Christy by January 25, 2019 for registration information.



**Character Counts! Corner:** This month's Pillar is **Fairness**. Fairness means playing by the rules, treating everyone the same and using the same rules for everyone.

- Treat all people fair
- Listen to others and try to understand what they are saying.
- Consider all of the facts, even opposing views, when making a decision.

Fairness is an important part of the 4-H Life Skills:

- **Head** – thinking about what really is fair.
- **Heart** – not taking more than what is our fair share from others or the environment.
- **Hands** – using fairness when we work with others.
- **Health** – treating everyone the same, even when we're dealing with our own challenges.

**DEMONSTRATION & PUBLIC SPEAKING DAY- 4<sup>th</sup>-12<sup>th</sup> grades February 28, 2019** - 4:00 p.m., Doyle High School. 4-Her's can compete in each contest only once and must bring all equipment needed. There will be three divisions: 4<sup>th</sup>- 5<sup>th</sup> grade, 6<sup>th</sup>- 8<sup>th</sup> grade, & 9<sup>th</sup>- 12<sup>th</sup> grade. Demonstrations must be 2 people. Demonstration, public speech, and illustrated talk categories and rules are all listed on our website [www.lsuagcenter.com/livingston](http://www.lsuagcenter.com/livingston) (follow the links to 4-H contest rules). Your leader will also have a copy. Please pre-register with your 4-H leader before **February 15, 2019**.

**4-H Scholarships:**

There are numerous scholarships available through the 4-H Program. All seniors that are active members are encouraged to apply. An application can be obtained from your local 4-H Agents at the Parish 4-H Office. Deadline to submit printed copy to Livingston Parish 4-H Office is **March 1, 2019**.

**\*\*The Livingston Parish 4-H/FFA Livestock Show** will take place on January 18-19 at the Livingston Parish Fairgrounds in Livingston. Come out and take a look at the animals and browse through the Silent Auction items. Good Luck Exhibitors!!!

**4-H Record Books:** Check with your local 4-H Leader for upcoming due dates for Record Books. 4-H members must turn in a book (project book & portfolio) in order to participate in **4-H Achievement Day on March 29, 2019**.



**4-H Summer Camp – 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Graders:** Are you ready for some fun in the sun? If so, sign up for 4-H Summer Camp. You will enjoy a 5 day 4 night stay at beautiful 4-H Grant Walker Educational Center in Pollock, LA. There will be swimming, canoeing, archery, rifle, arts & crafts, movies and even dances. The dates for camp this year are **June 3-7, 2019**. The camp fee is **\$225 and is non-refundable**. So, if you are ready to climb aboard the bus for a week of fun have your parents call the 4-H Office on **February 27, 2019** beginning at **8:00 a.m.** to reserve a space. The 4-H office phone numbers are (225) 686-3020 or (225) 686-3019. Camp space is very limited. Your **\$225** camp fee will be due to 4-H Office by **April 1, 2019**. Once you have signed up and paid your fees you will receive a letter in the mail from us about a 4-H Orientation Meeting to be held in the spring. **You must turn in a 4-H Record Book in order to attend 4-H Camp.**

**January is National Oatmeal Month**

Oatmeal is a whole grain that has many health benefits and is full of vitamins and nutrients. One of the important things is the fiber that it contains. It has both soluble and insoluble fiber. Soluble fiber is important for our cholesterol health. It can help improve our LDL levels. You can always enjoy a bowl of oatmeal with flavoring such as cinnamon or sugar, or you can use it other ways like making oatmeal cookies and creating granola snacks.

**Honey Bee Essay Contest: Due to State Office by Feb. 1<sup>st</sup>.**

The Foundation for Preservation of Honey Bees, Inc. has announced it's 2019 National 4-H Beekeeping Essay Competition theme: **"Honey Varietals, State to State"**.

State entries for the 4-H Beekeeping Competition are due to State 4-H Office by Feb. 1<sup>st</sup>, 2019.

To submit a 4-H Beekeeping Essay, 4-H members need to complete the following link:

<https://forms.lsuagcenter.net/form.aspx?pid=55d2084f-b9d4-4d70-8ba5-186f35f6fc5e&formid=912472f7-8e3f-43d8-8b9c-3fcf546e1adb>

*Sincerely,*

Christy Sorenson  
Extension Agent  
Livingston Parish

Mikaela Carender  
Assistant Extension Agent  
Livingston Parish

